

HEALTHY BODY  HEALTHY MIND

women's fitness

**BLAST
FAT IN
4 MINS**

**FAST MOVES,
FASTER RESULTS**

**7 days
to a flat
tummy**

Beat the bloat now!

17
*inspiring
summer
recipes*

***Get fit in
the sun***

*Your simple
slim-down*

**SUMMER
SHAPE-UP**

15 mins to fab!

REVEALED

***The friend
ruining your
health***

**8 SUMMER
SCENTS**

*New fragrances
you'll love*

WOMENSFITNESS.CO.UK
ISSUE 143 | AUGUST 2015 | £3.80



NEW

NEW

müller®

Light®
GOODIES™

Lemon
with meringue style
pieces

LOW FAT
99 kcal
or less



**MMMM... DELICIOUS
AND 99 CALORIES**



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*Based on mass market facial moisturiser and cleanser value sales for past 12 months ending June 2014

†Based on number of awards received by Olay Total Effects boutique across the globe 2002-2014


Olay
TOTAL effects

YOUR BEST BEAUTIFUL™

72

● Swimsuit,
£40, Pour Moi

ON THIS MONTH'S COVER:



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Meet the experts

Every issue is packed with advice from our expert



AMANDA HAMILTON is a nutritionist, author and TV health expert.
AMANDA HELPS YOU GIVE YOUR SEX DRIVE A BOOST ON P90



NAOMI COSTANTINO is a yoga and Pilates teacher and founder of the East of Eden studio.
NAOMI HELPS YOU WORK OUT AND CHILL OUT FOR SUMMER ON P40



PJ STAHL is a coaching and personal fitness trainer.
PJ HELPS YOU SHED THOSE LAST FEW POUNDS FASTER THAN EVER ON P30



LORCAN LOUGHREY is a swimming coach at the Reebok Sports Club.
LORCAN TELLS US WHY WATER WORKS FOR FITNESS ON P56

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Food author Annie Rigg shares her favourite seasonal dishes



STARTED TOUGH MUDDER TRAINING!

Amanda got stuck into some muddy training sessions with #TeamSony

TRIED OUT A NEW CLASS

We checked out the Iron Sweat class at Reebok's Canary Wharf gym



'I'm loving hanging out with our new office dog George!'

JOANNA
Editor

'I'm enjoying working on my running for Tough Mudder'

AMANDA
Fitness editor

'I'm into morning workouts again!'

ELLIE
Deputy editor

Something on your mind? Share it with WF... We want to hear from you!

Have your say



Women's Fitness readers say...

Breaking Bad Habits was a brilliant article. Your 10 lifestyle changes are going to make a *huge* difference to the way I look this summer. This article was just what I needed to motivate me to kick all my vices. Drinking more water, freshening up workouts, checking labels etc - I'm taking *all* your suggestions on board. And double thanks for the website help. I went on chocolatecoveredkatie.com for some gorgeous guilt-free desserts!

Lacey, Denbighshire

We asked...

'How do you stay fit on holiday?'

'I love sunbathing on holiday, but I always make sure I do at least 10 minutes of swimming every time I take a break to 'cool down' in the pool.'

Louisa, Norwich

'Whether it's a beach or city break, I always go for a long walk on the first day to get to know the area and then I go for a jog every morning.'

Caroline, Highgate

'I'm a class person so really like to make the most of any fitness classes available at my hotel. I also walk wherever and whenever I can!'

Sabrina, Luton

NEXT ISSUE: What is your favourite health and fitness pick-me-up? ?

contact us...

- Email: team@womensfitness.co.uk
- Write to: Women's Fitness 'Have your say', Unit 011, Netil House, 1 Westgate St, London, E8 3RL
- Tweet: @WomensFitnessuk
- Facebook: facebook.com/womensfitnessmagazine



GET IN TOUCH AND WIN!

Got something you want to share? Write in and you could win DrCeuticals' high performance body care range (worth over £50), including the Sculpting Cellulite and Tummy Tone treatment.

● drceuticals.co.uk



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panel. Introducing this month's health and fitness gurus...



AMANDA KHOUV is a qualified personal trainer, WF's fitness editor, wearer of warm hats and serious coffee lover.
AMANDA GIVES YOU A HOLIDAY WORKOUT ON P50



MARSHA-EL-HAGE is triathlete and sports coach.
MARSHA HELPS YOU BOOST YOUR SWIM STRENGTH WITH A WATER-FREE GYM WORKOUT ON P68



LOUISE PYNE is WF's features editor, a registered nutritionist and our resident herbal tea connoisseur.
LOUISE HELPS YOU BEAT THE BLOAT ON P65



NICOLA SHUBROOK is a nutritionist.
NICOLA GIVES US TASTY DATE RECIPES TO HELP US UP OUR INTAKE OF THIS SUPER FOOD ON P111

NEW!

Compak Pearl

TAMPAX
COMPAK PEARL
ADAPTS
TO YOUR
UNIQUE
SHAPE
FOR LESS LEAKS*

Outsmart Mother Nature
TAMPAX



Our only compak that fits your shape
for our #1 in comfort and protection.**

NEW! TAMPAX
Compak PEARL



*vs. Tampax Compak

**Our #1 combination of Tampax's comfort, protection & discretion

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From the editor

Joanna Knight



DIVE IN!

Why you need to hit
the pool this summer



COLD IS COOL!

Why we love a good
cold-pressed juice



#LEANIN15

Join the revolution
with Joe Wicks

I love swimming! It's one of my fave ways to get fit.

Not only do I love
the body benefits of
this low-impact pursuit,
but also the positive
effect it has on your
mind - which can't be
overlooked! So, take the
plunge with us this
summer and hit the
pool with confidence
- turn to our swimming
special from **page 55**
to get started.

Plus, we have absolutely
everything you need for
a super-healthy summer,
from the lowdown on
the cold-pressing
revolution on **page 102**;
to delicious meals in
minutes from Joe Wicks
(aka The Body Coach)
on **page 98** and fun
ways to lose weight
with your mates
on **page 36**.

Have a great month!

Joanna



LAP UP THE VIEW

Swim holidays
you'll love!



TEAM UP

...to lose weight.
We show
you how!

This month's cover

Photography:
Simon Taylor
Make-up: Alisha Bailey
Model: Anel,
motmodel.com
Styling: Joanna
Knight, Ellie Moss
Clothing: Freya
bikini top, £40,
and bottoms, £24,
surfdom.com



Don't miss a single issue of WF!

If you can't always find *Women's Fitness* in store, help is at hand! Just complete this form and hand it in at your local store and they'll arrange for the latest issue to be reserved for you. Some stores may even be able to deliver the magazine to your home. Just ask! (Subject to availability)

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To the customer: This voucher entitles you to 50p off 1x MOMA Bircher Muesli 140g (Wild Berry, Strawberry & Banana, Apple & Peach or Mango & Passionfruit). One voucher may be redeemed in Waitrose, Sainsbury's or Boots towards the purchase of a Pot and should not be used to gain saving on any other item. This voucher has no monetary value and will become invalid if altered in any way. Valid until 30th July 2015. To the retailer: MOMA will refund the face value of this voucher provided that it only be taken in part payment for one MOMA Bircher Muesli 140g Pot and reserve the right to refuse payment against mis-redeemed vouchers. No photocopies. For redemption return to Valassis Ltd, PO Box 6199, Nuneaton, CV11 9HQ. The Promoter is MOMA Foods Limited.



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ESSENTIALS

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6 SEPTEMBER

Tri it out

Grab some friends and take part in this joint-effort triathlon at Dorney Lake, Berkshire. Play to your strengths by each picking a section of the race – or do it all together if you prefer!

● humanrace.co.uk

➔ DIARY DATES



12/13 SEPTEMBER

Stuck in the mud

Test your body and mind on this demanding but fun course in Cheshire. Run it alone or drag your pals along down dark forest trails, over obstacles and through thick, heavy mud. Not for the faint-hearted!

● toughmudder.co.uk



19 SEPTEMBER

Swim for it

If short swims aren't your thing, then head to Northumberland and grab this opportunity to swim 10K in the largest man-made lake in northern Europe. There are also one-mile and 3.8K options.

● vitalevents.co.uk



27 SEPTEMBER

Tour de London

The L'Etape London by Le Tour de France, finishes with an amazing lap of honour around the Lee Valley VeloPark at the Queen Elizabeth Olympic Park. Choose from a 42, 92 or 117-mile ride.

● humanrace.co.uk

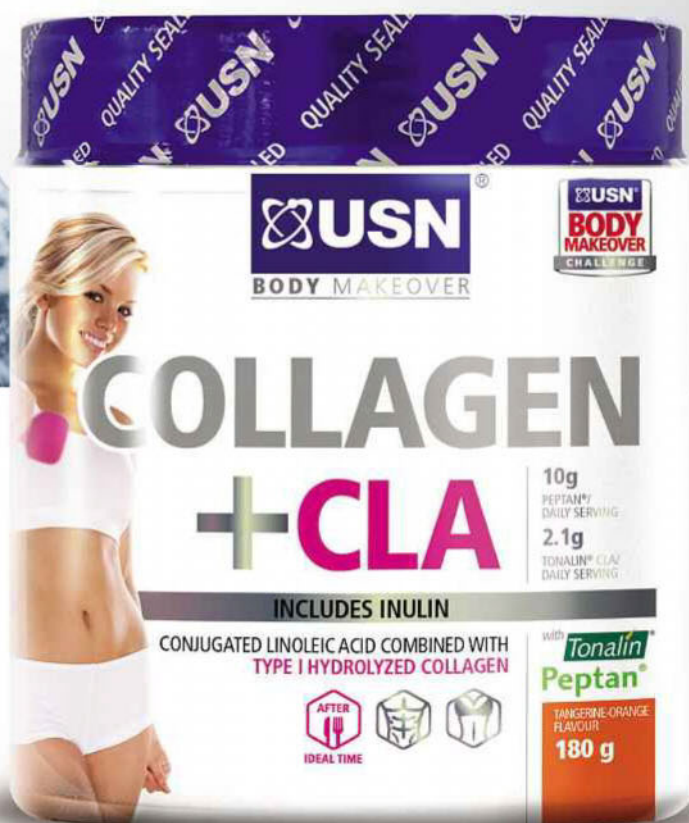


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IN THE CLEAR

Adam and Eve Skincare makes having a flawless complexion simple. And these chemical-free beauts are packed with natural goodies such as eucalyptus.

● From £12, adamandeveskincare.co.uk



EASY TIGER

Cats rule, there's no denying it. Make sure the world knows it by wearing this awesome sweater absolutely everywhere you go.

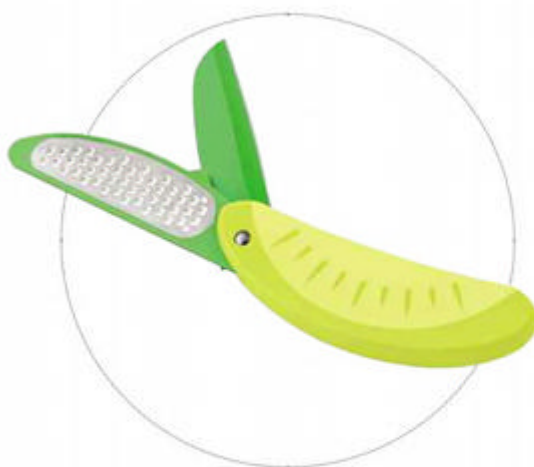
● £32, livinginlalaland.co.uk



SEEING GREEN

We can't get enough of green tea – and with all the associated health benefits, why would we want to? Tombo Tea is our latest obsession.

● From £5.20, tombotea.com



LEMON LOVE

Make baking a breeze with the Kuhn Rikon Citrus Knife, a multi-tasker that functions as a paring knife, zester and scorer in one summery design.

● £16.95, kuhnrikonshop.com

HOT LIST

See it, buy it, love it!
Your essential guide to the month ahead



COAST TO COAST

Feeling flustered? Spritz the 100 per cent natural Seascope Island Apothecary Soothe Body Mist all over for an instant refreshing sense of calm.

● £16, seascopeuk.com



SWEET-TART

Want the smell of Britain's finest fruit taking over your home? Noble Isle's new Rhubarb Rhubarb hand wash, hand lotion and reed diffuser are must-haves.

● From £18, nobleisle.com



GOOD HAIR DAYS

Popbands keep your hair in place without annoying kinks, and this Electric Boogaloo five-pack is sure to put a smile on your face every time.

● £8, thepopband.com



ECO COCO

Save the world, one coconut at a time. Buko doesn't just taste good, it *does* good – one metre of rainforest is saved for every carton consumed.

● £1.99, organicbuko.com

A Jar of Wonders



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let's feel good

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To the customer: This voucher entitles you to £1 off any 500ml unit of Vita Coco Coconut Oil subject to availability. Only one voucher may be used towards the purchase of one 500ml unit. The voucher can not be used in conjunction with any other offer including instore promotions. This voucher has no monetary value and will become invalid if altered in any way. Valid in the UK only. Valid until 31st January 2016.

To the retailer: Vita Coco (All Market Europe Limited) will refund any face value of this voucher provided that it has only been taken in part payment for one single unit of 500ml Vita Coco Coconut Oil, and reserve the right to refuse payment against any misredeemed vouchers. The voucher can not be used in conjunction with any other offer including instore promotions. No photocopies are to be accepted.

For redemption return to: All Market Europe Limited (Vita Coco), The Hydration Station, 2nd Floor, 55 Charterhouse Street, London EC1M 6HA. Valid in the UK only. Valid until 31st January 2016.



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SHORT CHANGE

Summer isn't over until you switch to your winter workout gear, so add these to your kitbag and make the most of the last of the warm weather. The Salomon Sense Pro Shorts are so light you will almost forget you're wearing them, and their Advancedskin Activedry technology wicks sweat away from your body, so they're cooling to wear – they even have UPF of 50. We love the coral punch colour.

● £40, salomon.com

STAY MOTIVATED

If you're struggling to find motivation to run regularly, check out your local running groups. It's a great way to find people with similar interests and goals, and will motivate you to turn up to each run session.



GET ENERGISED

To boost your energy during a long run, try Science In Sport (SIS) Go Isotonic Energy Gels. These tasty gel sachets don't need to be mixed with anything – just take up to three in a 60-minute exercise sesh and watch your energy levels rise. They're small and easy to carry with you, too – perfect!

● £7.49 for six sachets, scienceinsport.com



RUNNING NEWS

Shatter your PB with performance-boosting tips and high-tech kit

DIARY DATE

Run or Dye, Oxford, 26 September

Looking to brighten up your run? Register for Run or Dye to take part in a colourful 5K that you can walk, jog or run. Wear white and get blasted with rainbow dyes as you make your way to the finish!

● runordye.co.uk/uk-locations/oxford



REAL RACER

Add a touch of class to your workout gear with the Boom Boom Athletica Black Racer Tank. This body-skimming tank top is super soft and has slash-design mesh panelling on the back for breathability (and style). The slightly longer body means you needn't worry about unwanted skin exposure and the unrestrictive shape means you can run without the top riding up.

● £65, boomboomathletica.com



Summer spin

Make weekend rides your summer hobby on this Pinnacle Californium 1, complete with basket. It's a lot lighter than it looks, so you can cruise around all day without a care in the world.

● £330,
evanscycles.com



CYCLE SCENE

Get extra pedal power with our top cycling tips



TRIATHLON INSPO

Whether you're a regular triathlete, want to know more about reaching your limits or are simply looking for an inspiring read, *Run, Ride, Sink or Swim* by Lucy Fry is a must-read. Light-hearted and humorous, it's the perfect reading material for sporty souls.

● £14.99, faber.co.uk

TOTES AMAZE

Chuck all your essentials into a Vel-Oh, a casual tote made from 100 per cent waxed cotton. And if you want to hop on a bike later? The bag transforms into a backpack – so handy!

● £185, brilliantlybritish.com



MAXIMISE your summer cycle

Want to make your cycling experience the best it can be this summer?

Charge Bikes team rider **Juliet Elliott** offers her top tips

1 WEAR A TECHNICAL TOP

to wick sweat away from the skin and stop you feeling clammy.

2 DRINK, DRINK, DRINK

It's easy to become dehydrated so keep topping up with water.

DID YOU KNOW?

Over the course of 2014, female cyclists using Strava clocked up an average total of **407K each!**

LEARN TO RIDE SMART



Join our mountain bike coaches on a residential mountain bike improver course and feel your confidence grow by the minute. Learn on our on-site skills course and develop your technique on the scenic mountain trails of Snowdonia.



PLAS Y BRENNIN

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Sleep saviours

Around a third of Brits suffer from chronic insomnia. Get your zzzs with these natural helpers

- **KIWI FRUIT** Kiwis have lots of antioxidants and are a natural serotonin booster – the chemical that makes you happy. Eat them daily for a peaceful night's rest and more positive outlook.
- **HONEY** Taking a teaspoon of honey before bed refuels your liver's glycogen levels and releases melatonin to promote stress-free sleep.
- **NATURAL TEAS** Drink lemongrass tea to prevent nightmares, and valerian or chamomile for a deep, restful sleep.

Worth its salt

The way you treat your body post-run or workout is just as important as all your prep. Westlab's high-grade Epsom salts cleanse your muscles of toxins, restore mineral levels and encourage relaxation. Simply dissolve them in your bath and soak away your aches and pains.

● £3.65 for 500g, westlabsalts.co.uk



THE MIGHTY PEN

Give your cracked heels some TLC with Carnation's Hard Skin Remover Pen. The dropper-pen contains the natural exfoliant glycolic acid, which breaks down the bonds that hold tough, dry skin together. Soft, youthful feet, here we come!

● £3.99, carnationfootcare.co.uk

Did you know?

16% of British women miss out on vital health check-ups because they are too embarrassed to remove their clothes.

HEALTH WRAP

Tasty trends and top buys from the world of wellbeing

PIMP YOUR KITCHEN!

PROMOTION

WIN A TRIBEST RAW FOOD STARTER PACK, WORTH OVER £1,000

This awesome prize includes:

- **The Tribest Slowstar Vertical Juicer** – crushes fruits and veg at a gentle 47 rpm, reducing oxidation, for superior juice quality. It can also be used to create sorbets, nut butters and sauces.
- **The Soyabella Milk Maker** – an awesome gadget that makes raw nut milks at home in just 30 seconds.
- **The Personal Blender** – a high-powered smoothie-blender, coffee-grinder and sauce-maker.
- **The Sedona Dehydrator** – a digital food dehydrator that distributes heated air more accurately to dry food more evenly compared to other dehydrators.

WIN!

● To win, email your name and address to competitions@tribest.co.uk by 6.8.15. Visit tribest.co.uk for more information.

TRIBEST



No match for matcha

Matcha is the green-tea craze from Japan, providing all the energy of coffee, without the nasty jitters. Goen offers the highest-grade matcha tea, which contains bucketloads of antioxidants, and claims it promotes mindfulness and wellbeing. We can't get enough!

● £20, goenmatcha.com

Feet first

Release your inner bohemian with this cool range of boots from Emu Australia. The festival-friendly footwear will keep you looking laid-back and feeling super snug, and the sheepskin fabric is waterproof too – so even if it rains (which, let's face it, is likely) your tootsies will stay warm and dry.

● From £89, emuaustralia.com



No place like home

The Feels Like Home range from Emma Bridgewater has all the little necessities you need for a pretty house – from hand creams to reed diffusers. The products all feature a cute design, smell scrumptious and make perfect gifts.

● £8-18, marksandspencer.com



LOVE LIFE

Hot tips and tricks to boost your energy, style and cash flow

SPREAD THE LOVE

We love the innovative Amora Scent Hubs from fragrance house Ashleigh & Burwood. Ultrasonic powers turn water into a fine mist with a hint of your favourite essential oil. We love the modern Neptune hub, perfect for creating a gorgeous ambience in the home.

● £45, ashleigh-burwood.co.uk



MAGIC POTION

With nine out of 10 Brits going on a summer holiday last year, it's safe to say that for most of us, the bikini body pressure is well and truly ON! We know that getting your body ready for summer can be stressful, so reboot your beach attitude with Bach Original Flower Remedies in cherry plum, which will help you to stay in control of your diet.

● £6.99, hollandandbarrett.com



WE LOVE

TICK TOCK

Add a spark of sophistication to your everyday wear with the Calvin Klein rose gold collection. A flattering shade for all skin tones, rose gold is the perfect warm hue for summer. Plus we love a good tick-tocker to get us where we need to be on time!

● From £220, uk.calvinklein.com





SONY

INTRODUCING #TEAMSONY

Our very own Fitness Editor, Amanda Khouv, has joined forces with Vanessa White from The Saturdays and Rick Edwards to take on this year's Tough Mudder



Tough Mudder is all about teamwork and our Fitness Ed, Amanda, is sitting pretty with her teammates on Team Sony. Joining her to tackle some of TM's toughest obstacles, including Sony's own Arctic Enema 2.0, is The Saturdays' singer Vanessa White,

broadcaster and writer Rick Edwards and one of *WF*'s good friends, *Men's Fitness* editor Joel Snape.

To prepare for the Tough Mudder adventure Team Sony escaped to the countryside and got muddy at their very own bootcamp... with a little helping hand from Sony's latest tech.

**'COMMITTING TO
TOUGH MUDDER AS
PART OF #TEAMSONY
MEANT RECRUITING
THE SMARTBAND
TALK AS MY PT
WAS A MUST'**

'Committing to Tough Mudder as part of #TeamSony meant recruiting the SmartBand Talk as my PT was a must, just to keep me in check from day to day. Paired with my Xperia™ Z3 smartphone, and synced with Sony's Lifelog app it will ensure I'm leading a more active lifestyle outside of my regular gym sessions. The app and SmartBand Talk can track the number of steps taken and the calories I've burned throughout the day - and yes, I do believe that the little things really do add up!'

**VANESSA WHITE,
The Saturdays**

@vanessawhite

'To be honest, I've never done anything like a Tough Mudder before, and I'm pretty nervous! Don't get me wrong; I train quite a lot already, but my gym sessions tend to consist of high-intensity weight training with a lot of bodyweight exercises such as squats thrown in. I love lifting weights, and the sessions I do are great for building explosive cardio, but they don't really do much in terms of developing endurance.

'Running is one of my main weaknesses - I only ever really do it during my warm-ups and never for that long. When I started I was only running in quick short bursts, but now I'm gradually building up the distance I can cover. One thing that's really helped has been using my SmartBand Talk and Xperia Z3 from Sony. They sync together via Sony's Lifelog app, which shows me loads of useful information such as how many steps I've taken and how many calories I've burnt - and it turns out I've actually been burning quite a lot, which is good news! Being able to track my progress like that using the SmartBand Talk and the phone is really motivating.'

● To see Team Sony in action and much more, visit the Fit Tech channel mensfitness.co.uk/fitness-technology



WINNING FORMULA

Keeping on track of your training is important and Sony's brand new flagship smartphone, the Xperia Z3+ and SmartWatch 3 or SmartBand Talk are the perfect combo for this! The Xperia Z3+ ranks seriously high in the style stakes with its sleek waterproof design. Its high performance cameras (20.7MP at the rear and 5MP at the front) are the ultimate way to capture the perfect selfie of you working up a sweat to share with your #fitfam, too.

- Sony SmartBand Talk, from £129.99, carphonewarehouse.com/z3plus
- Xperia Z3+, free @ £40pm.

Here's how the girls from Team Sony are getting on...

**AMANDA KHOUV,
WF's Fitness Editor**
@womensfitnessuk

'Planning to do a Tough Mudder "one day" and actually signing up for one are two completely different things. Suddenly I'm not so sure just being a regular at the gym is quite enough to get me through 10-12 miles of a mud run - oh, with a bunch of obstacles thrown in, too.





www.feellaliveuk.com

@feellaliveuk #feellalive

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Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle. *Fruit/vegetable powder, extract and dried juice.

Shoot for the top

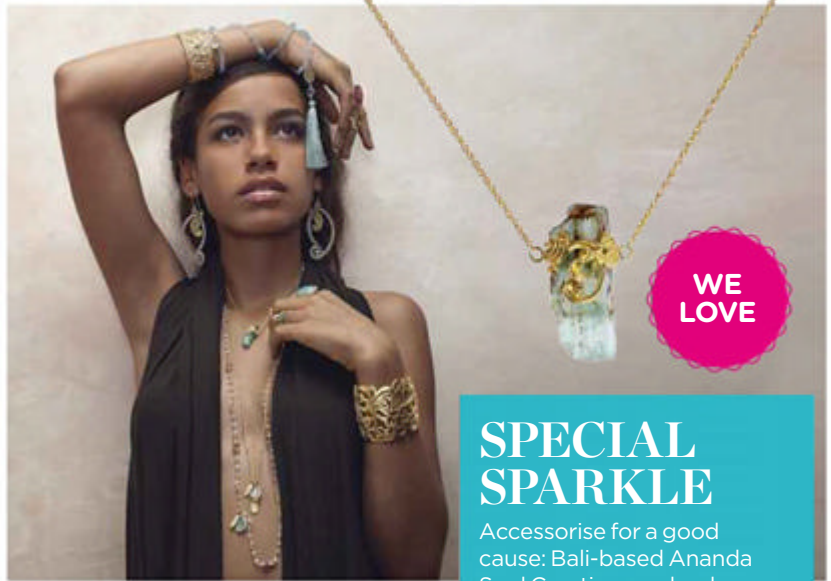
Make like a superhero and save the world while you're working out! BAM's range of organic sportswear is made from bamboo, one of the world's most ethical plants thanks to its high crop yield and ability to grow independently. The material is naturally breathable, moisture-wicking, anti-bacterial, anti-static and UV protective. Win!

● bambooclothing.co.uk

Face the summer

Protect your skin this summer with a moisturiser, toner and treatment mask from award-winning Australian brand Zk'in. The organic sustainable beauty line harnesses the powers of a wealth of natural ingredients – including seaweed, a superfood that heals and repairs UV damaged and dehydrated skin.

● From £15.95, zkinorganics.co.uk



SPECIAL SPARKLE

Accessorise for a good cause: Bali-based Ananda Soul Creations makes luxury yoga-inspired jewellery made from sterling silver, gold vermeil, and precious and semi-precious stones. The ethical brand campaigns for the empowerment of women and children; for every item sold, 10 per cent is donated to the Safe Childhood Foundation to support its work against child trafficking.

● anandasoulcreations.com

GREEN SCENE

Be stylish and sustainable with our planet-friendly tips

SCRUB UP

Sensitive, acne-prone or ageing skin? Get your mitts on Living Nature's Skin Revive Exfoliant. Its natural wax microbeads gently and effectively cleanse and exfoliate your face in just two minutes, leaving skin feeling amazing and rejuvenated. And we love that it's 100 per cent natural.

● £27.50, naturisimo.com



SUPER SUPPS

Supplement your diet, without any extra nasties, with Organic Burst's range of superfood tablets. Natural; certified organic by the Soil Association; containing 100 per cent raw foods sourced from ethical producers and with fully recyclable packaging, this eco-friendly range is impressive. Choose from spirulina, wheatgrass, acai berry, baobab and more.

● From £6.69, organicburst.com



FOOD SWAPS

If you're counting calories, but can't resist a condiment in your sandwich or mixed in with your tuna, then next time swap mayonnaise for salad cream. Salad cream has just 50 calories per serving – half that of traditional mayonnaise – and is around 60 per cent lower in fat.



FIT FOOD

Nourishing news and nutritional know-how



HELP ME KEEP MY SUGARS STABLE!

Q I struggle with my blood-sugar levels, especially after training. What can I do?

A Research published in *Diabetes & Metabolism* has shown that magnesium can help keep blood-sugar levels balanced, so try adding more spinach, avocados, nuts, seeds and dark chocolate (yes!) to your diet.



CHEAT SHEET

ANTI-INFLAMMATORY

Our body creates both inflammatory and anti-inflammatory chemicals called prostaglandins from nutrients found in food. A poor diet increases inflammatory prostaglandins, which can lead to poor health. Fruits, vegetables and foods rich in omega-3 fatty acids (such as walnuts and oily fish), help the body to produce more anti-inflammatory prostaglandins, thereby reducing any inflammation. So ward off post-exercise soreness with a mackerel salad.



Blogs we love

AmyChaplin.com

Amy Chaplin is a vegetarian chef with over 20 years' experience writing gorgeous, everyday recipes while also teaching people how to stock their cupboards with nutrient-rich whole foods. Amy also has a new book *At home in the whole food kitchen*, which boasts over 150 veggie and vegan recipes.

WHOLEWHEAT FETTUCCINE WITH KALE, ONIONS AND GOAT'S CHEESE

Serves 4 to 6

- 2tbsp extra virgin olive oil
- 3 medium to large red onions, thinly sliced
- Sea salt
- 340g wholewheat fettuccine
- 700g sliced lacinato kale (cavolo nero)
- 225g marinated goat's cheese
- Freshly ground black pepper

1 Warm the olive oil in a frying pan over medium heat and add the onions. Sauté until beginning to brown. Add 1tsp salt, lower

heat slightly and cook until onions are caramelised.

Meanwhile, bring a pan of water to the boil and add a pinch of salt. Add the pasta to boiling water and cook for 10 to 12 minutes. Drain the pasta and return to pan.

2 While the pasta cooks, stir the kale into the onions, cover the frying pan and cook for 8 minutes. Add the onion and kale, three quarters (175g) of the goat's cheese and the black pepper to the pasta. Drizzle in a tablespoon of oil marinade from the cheese and season to taste.



TEA-TOX

Poor skin can be a sign your liver is not working properly. Parsley is a great detoxifier for both the liver and kidneys, helping to flush out toxins. Add it to your diet with a cup of parsley tea: put a handful of the herb in a cup, top with hot water and allow to steep for five minutes before drinking.





Upgrade your hol!

Are you one of the 82 per cent of holidaymakers who now look to stay fit on their travels? Swap the traditional fly-and-flop break for a fitness retreat with Fusion Fitness Holidays. Whether you want to sweat it out on the beach in Ibiza or embrace the zen doing aerial yoga in Asia, the company offers something for everyone, allowing you to keep fit and see the world at the same time. Bring back a great tan, but without the extra pounds!

● healthandfitnesstravel.com

TRAVEL DIARY

Your passport to dream destinations, suitcase essentials and active escapes



YOU'VE BEEN FRAMED

Revamp your summer look with the new collection of sunnies from Marc by Marc Jacobs. We love the stylish two-tone frames – the carefully selected colours are a perfect match for any beach outfit.

● £104, sunglasses-shop.co.uk

Make a splash

One-pieces are back in fashion, and this Free Dive swimsuit from Sweaty Betty certainly ticks all the right boxes. It is chlorine resistant to keep the colour bright swim after swim and features body-sculpting fabric to flatter every figure.

● £75, sweatybetty.com



Welcome to Miami

Not going away this year? Bring the holiday to you with Ted Baker's new collection of fragranced candles and diffusers, each hand-crafted and inspired by a different city from around the world. We love Miami, which features star apple and passion fruit to bring the Florida sunset to a living room near you.

● Candle, £28, diffuser, £35, [House Of Fraser](http://HouseOfFraser.com)



TEEING OFF



Whether you're trekking through rainforests or chilling on the beach, keep cool with this funky Rosella tee from Poppy Lux. Perfect for taking your holiday outfit from day to night.

● £28, sugarhillboutique.com

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Always read the label

EXERCISE

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39 Reviews // 40 Yogalates mash-up // 44 Get great arms! // 50 5-min fix // 51 Hot new kit



YOUR DRUG-FREE ANTI DEPRESSANT

Train for the sake of your brain: a study from the University of Bern has shown it's actually possible to exercise yourself happy! Mixed anxiety and depression is the most common mental illness in the UK, with nearly nine per cent of Brits meeting diagnosis criteria. Engaging in physical activity influences changes in the brain that are only otherwise achieved by taking anti-depressants. Sport enhances the brain's ability to absorb serotonin – the chemical that keeps your mood balanced and reduces symptoms of depression. So, time to lace up we think!

EXERCISE : BALANCING ACT



CLASS
ON
TRIAL

Motr

BePilates' Motr class will get you slim and toned in new, innovative ways



→ WHAT IS IT?

We've all heard of mat Pilates, and some of us are even regulars at reformer Pilates. There are also classes with fancy equipment such as towers, chairs and loads more. But with Motr, it's the simplicity of the kit that's actually most impressive. The class features a foam roller that has been modified to include cables that vary in resistance, and the exercises you can perform, as well as potential results, are endless. From balancing and testing your core to boosting strength, it's surprising that something so humble in appearance boasts such an amazing range of possibilities.

→ WHAT ARE THE BENEFITS?

Aside from the usual rehabilitative and recovery-boosting benefits of a foam roller, you can also stand, sit and lie down on the roller while using the detachable cables to challenge your whole body. The three resistances allow you to work all parts of the body to a challenging degree, whether you're lunging, pressing or crunching – all

'It's surprising that something so humble in appearance boasts such an amazing range of possibilities'

while putting that core strength and balance to the test. It also helps you to determine which side of your body dominates, so you can work on your weaknesses. The movements are slow and controlled, so you use the full range of muscles.

→ HOW HARD IS IT?

Pilates classes aren't designed to be as fast-paced and intense as the HIIT classes you might do at the gym, but they offer another side to fitness altogether. While you might not feel your heart pumping all the way through, you *will* feel the burn, especially in those muscle groups that you tend to neglect – and trust us, there are a lot of them.

It promotes good posture, too, something we often ignore, as well as other parts of our bodies that we might not pay enough attention to. So, it's tough because it takes you out of your comfort zone.

→ WHERE IS IT?

The BePilates studio in London is not only the first in the UK to offer Motr classes, but it's also the only Motr teaching training centre in the country. Classes are £35.



→ AMANDA'S VERDICT

For those who like to keep exercise interesting, Motr is a great way to spice up Pilates. Whether you're a dabbler or a veteran, it throws your regular routine up in the air and makes you realise what you need to work on. And while you might not feel as spent as you would after a full-on cardio session, you'll be aching all the same the next day. The beautiful studio is a brilliant bonus. 🍷

**We run for
mums, sisters,
friends,
daughters,
dads,
partners,
you.**

**We are
breast cancer
now**

Find your challenge today

breastcancernow.org/womensfitness

Breast Cancer Now is the UK's largest breast cancer charity created by the merger of Breast Cancer Campaign and Breakthrough Breast Cancer.

Registered charity nos 1160558 (England and Wales) and SC045584 (Scotland).



EXERCISE : BODY BLITZ

'Once the workout is over, your body has to catch up by burning calories to make up for the oxygen that's missing'

HOW TO DO IT

Warm up by performing some dynamic stretches and light exercises that mimic the moves in this routine. Perform 20 seconds of each exercise at maximum effort with 10 seconds' rest in between. You should be aiming for as many reps as possible in each set.



Blitz fat in 4 minutes!

Thought your dream body was out of reach? Try this routine from celebrity trainer **PJ Stahl** for maximum results in no time at all

If you're ready to take on Operation Beach Body, but don't have much time to dedicate to the cause, it might not be an easy road.

But nothing's impossible; you just need someone who knows what they're doing. That's why we've called upon trainer to the stars PJ Stahl and his bag of tricks for trimming down the elite. With 14 years' experience in the field, and a clientele that includes A-listers

David Beckham and Britney Spears as well as many athletes, the American really knows his stuff.

And what better way to get fit than to use the speediest, most effective workout out there? PJ knows all about Tabata, as he is actually one of the master trainers, and has devised a squeeze-it-in-anytime four-minute workout for *WF* readers who want to get beach-ready, fast. 'With high-

intensity interval training such as Tabata, you have to work extremely hard,' explains PJ. 'This means that once the workout is over, your body has to catch up – and in order to do this, it has to burn calories to make up for the oxygen that's missing.' In other words, your body carries on blitzing fat long after the four-minute session is over. He's got the moves, but you need to bring the hard work. Are you ready?





GET THE LOOK

CLOTHING: Roxy bra, £30, roxy-uk.co.uk; Lululemon tank, £42, lululemon.com; Reebok capris, £30, reebok.co.uk; Nike LunarTempo trainers, £100, nikestore.com **KIT:** Mat, agoy.co.uk

JOG AND HIT THE DECK

Areas trained: **LEGS, CORE, BACK, CHEST, TRICEPS**

Technique

- Take four quick jogs on the spot.
- Crouch down and then jump into a press-up position, lowering your chest to the floor.
- Push back up, then jump both feet back to the crouch position.
- Stand up and repeat the move.



SAFETY TIP
Keep your core and back strong when jogging



LATERAL BOUND

Areas trained: **LEGS, CORE**

Technique

- Start with your feet together, then leap across the left, landing on the left leg in a slight squat. Then bring your right leg in to your left, but without letting the foot touch the floor.
- Immediately leap across to the right, performing the same action.
- Repeat the move continuously.



SAFETY TIP
Keep your gaze ahead and don't hunch your shoulders



VERTICAL JUMP

Area trained: **LEGS**

Technique

- Bend your knees to load up momentum.
- Jump up as high as you can, land softly and repeat.

HOT TIP

Jump immediately after landing to raise your heart rate

'Your body carries on blitzing fat long after the four-minute session is over'



AIR SQUAT

Areas trained: **BOTTOM, THIGHS**

Technique

- Raise your arms straight out in front of you and place your feet parallel and hip-width apart. Then bend at your knees and hips to lower your bottom out behind you.
- Push up through your heels to return to the starting position and repeat.

SAFETY TIP

Keep your chest up and shoulders back throughout



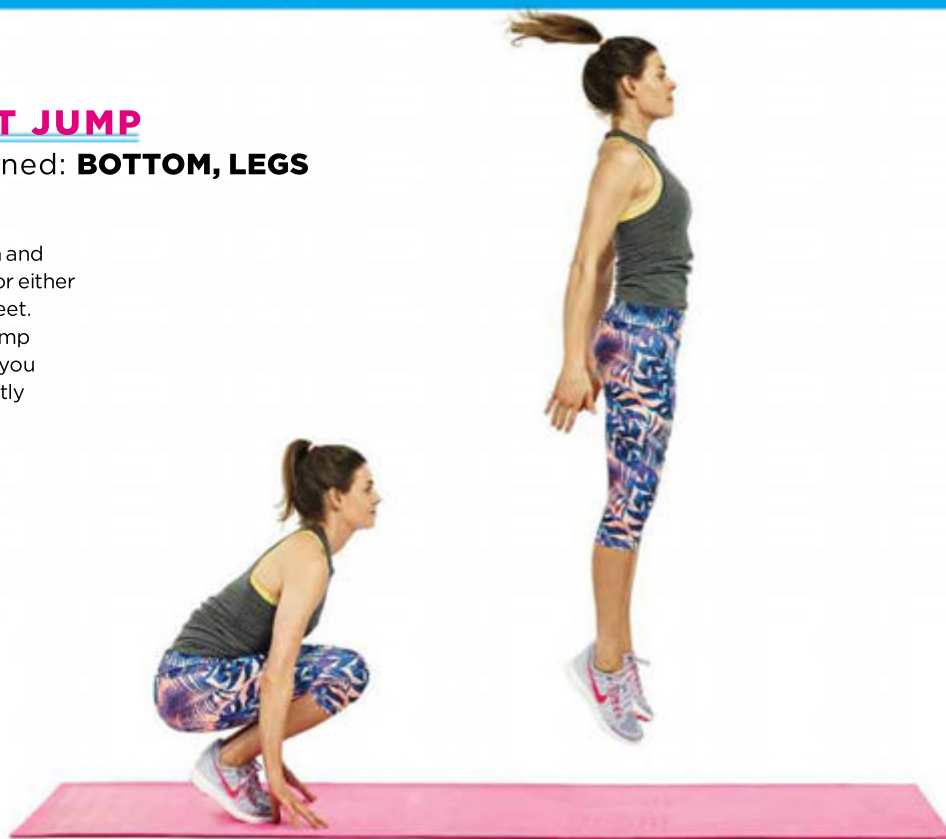
EXERCISE : BODY BLITZ

ROCKET JUMP

Areas trained: **BOTTOM, LEGS**

Technique

- Crouch down and touch the floor either side of your feet.
- From here, jump up as high as you can. Land softly and repeat.



SAFETY TIP
Lower yourself slowly rather than dropping to the ground

BUTTERFLY SIT-UP

Area trained: **STOMACH**

Technique

- Lie on your back with your feet together, and your knees dropped to the sides.
- Sit up, lifting your upper body and back off the floor, and reach toward your feet.
- Lower to the start and repeat.

HOT TIP
This is a great sit-up variation to take the strain off the hip flexors



FEED YOUR WEIGHT LOSS

Let these supps lend you a helping hand in shedding unwanted fat

1 VITABIOTICS ULTRA OMEGA-3

This high-quality supplement increases insulin sensitivity to help reduce the body's fat stores.
□ vitabiotics.com



2 PUKKA CLEAN GREEN

Green tea can boost metabolism, thanks to its high levels of the super-antioxidant EGCG.

□ £2.39, pukkaherbs.com



3 QUEST VITAMINS FORTE D 4000

To optimise your body's fat-burning state, sufficient amounts of vitamin

D are a must. Sunlight is the best source. But, even though it's summer, most

Brits are still deficient. No surprises there.

□ £10.16 for 60 tablets, questexcellence.com



ANGLED RUNNING MAN

Areas trained: **BOTTOM, SIDES**

Technique

- Bring one knee up to your chest as you bring the opposite arm up.
- Push that leg out behind you, slightly to the side, tapping it on the floor.
- Immediately bring the knee back up into another rep.
- Switch sides halfway through the set.

SAFETY TIP

Keep your back strong and gaze forward

'With high-intensity interval training such as Tabata you have to work extremely hard'



OBLIQUE SIDE-TO-SIDE HEEL TOUCH

Areas trained: **STOMACH, SIDES**

Technique

- Lie on your back with your feet on the floor and your legs bent.
- Bring your back off the floor slightly, then reach toward your left heel with your left hand.
- Now reach toward your right heel with your right hand.
- Continue this motion without resting.

SAFETY TIP

Keep your shoulders away from your ears and try not to strain your neck



Stronger together

Exercising might be your way of fitting in some me-time, but finding a buddy could help you push your body to the next level

Plugging in your iPod and heading for a lone-ranger run or for some quality time with the dumbbells might be your idea of heaven, but research continues to show that a friend in fitness might be your best bet when it comes to reaching your goals.

In our experience, it tends to be a lack of motivation that does the most damage to your best-laid plans. Whether you struggle to get out of bed to actually get to the gym or always stick within your comfort zone, it helps to have somebody give you a kick up the backside. A new study published in the *Journal of Healthcare Engineering* shows that it's not just the encouraging words of a fit friend or a personal trainer that can keep you on track,

but the success of your friends that does the job – seeing your peers succeed can make your goal seem more achievable. In fact, researchers at the University of Buffalo found that a friend who finds success in their fitness programme is more likely to get you motivated to exercise than someone who uses their social skills to push you.

So, why not team up with a friend who you look up to fitness-wise and embark on some new goals together? We've rounded up our favourite partner-friendly classes so you can influence each other for the better.

'Seeing your peers succeed can make your goal seem more achievable'



If you love acrobatics, try...

AcroYoga

Yoga is traditionally a solitary type of exercise, but not so with AcroYoga. You don't have to go with a partner, but the class does sometimes involve some pretty awesome duo work inspired by acrobatics. Sounds pretty ambitious, but it's fun and actually a lot more playful and casual than most yoga classes.

■ triyoga.co.uk



If you love nature, try...

ZUU

If mimicking the movements of animals such as bears, iguanas and gorillas isn't enough to persuade you to try this high-intensity class, then

how about the 300 calories you'll burn in just 20 minutes? Designed by Australian movement expert Nathan Helberg, ZUU has a social vibe: participants shout and chant together to motivate one another. Don't worry if this

sounds a bit much – by the time you've seen each other leaping around like monkeys, the barriers will have been well and truly broken down. And the high-fives and hugs at the end? Well, they're just a bonus. virginactive.co.uk

If you love learning, try...

Mixed Martial Arts

Performing exercises with your training buddy is one thing, but in a sport such as mixed martial arts, you interact with your partner in a unique way. Not only do you have to work within close proximity, but there's an element of competition the whole way through. While our desire to win is enough to drive us through any barriers, the trust built between training partners to help each other understand technique (and to push only as hard as is beneficial) is also something that helps you learn and develop in a way like no other. Make sure you join a well-known gym such as SBG Mainline – its got huge competition credentials to its name, but is also great at teaching and building from the grassroots. And there's no pressure to compete, of course.

sbgmainline.com

If you love the community feel, try...

CrossFit

If you haven't heard about CrossFit, where have you been? Since it teamed-up with Reebok, it's soared in popularity and new 'boxes' are opening up left, right and centre. The fact that CrossFitters talk about it so much is partly why the community feel is so prominent: friends bring friends who bring friends. It's like one big family... but with more encouragement than your actual family might give you! Everyone spurs each other on and the friendly competition is just that – friendly. You'll find yourself stronger and fitter than you could ever get on your own at the gym with your earphones in.

map.crossfit.com

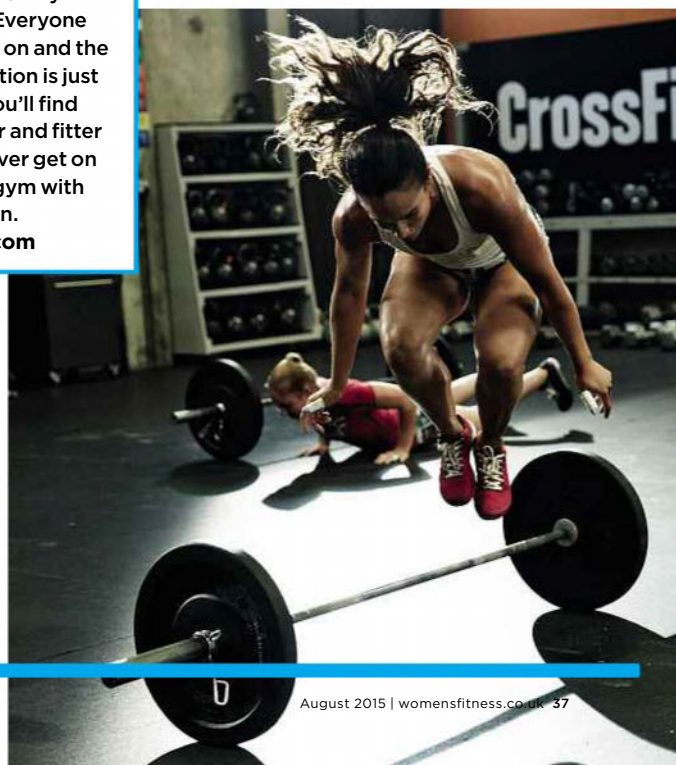


If you love getting back to basics, try...

Primal Perform

Who knew movements that are supposed to come naturally could be so taxing? The Primal Series at LA Fitness focuses on basic, functional movement, but in a 30-minute intense and dynamic class that doesn't let up. With this new class comes the addition of a sports-based session, where you team up with a partner to take each other through gruelling circuits using ladders, medicine balls and more.

lafitness.co.uk



EXERCISE : IT TAKES TWO



If you love the great outdoors, try...

British Military Fitness

Not many of us feel particularly at ease when hearing the words 'military' and 'fitness' in the same sentence, but this bootcamp-esque outdoor workout has solidified its spot in the fitness industry for a reason. With 140 locations across the country, BMF's circuit-style classes are a motivating way to melt that muffin top for good. The tough workouts incorporate team games and partnered exercises that strengthen the idea that we're all in it together.

britmilfit.com



If you love going all-out, try...

Kick 4x4

In this class, your partner holds pads for you and vice versa. Yes, that's right, you have to hold targets for someone to hit as hard as they can. That's trust right there. The non-stop nature of this class combined with the reaction, power and speed involved means that it works you from head to toe while challenging your cardio, too. Plus, it's an effective way to release any tension.

kickstudio.co.uk



WORK OUT WITH A FRIEND

Hitting the gym with a mate? Virgin Active's national personal training manager, Hugh Hanley, shares three ways you can keep partner workouts interesting

1 SET EACH OTHER DIFFERENT EXERCISES/WORKOUTS TO TRY

If you create a circuit, make sure one of you picks half the exercises and the other chooses the rest. Remember to challenge yourself and your partner!

2 TAKE ON EACH OTHER'S STRENGTHS

For example if one person has brilliant upper-body strength and the other is a pro when it comes to cycling, take each other through your speciality areas and share the wealth of knowledge.

3 MAKE SURE IT'S A PARTNERSHIP AND NO ONE IS DOMINATING

Discuss what you both want to achieve from the workout and create something that works for the two of you.



If you love the pros, try...

Team GB Pro Athlete

No Olympian has ever got to the top of that podium on their own - you need the help of those around you to make it! And this class, developed by both coaches and their athletes, reflects just how important it is to have someone beside you.

fitnessfirst.co.uk

POOR ★★☆☆☆ GOOD ★★☆☆☆ VERY GOOD ★★☆☆☆ EXCELLENT ★★☆☆☆ OUTSTANDING ★★☆☆☆

M&S COOK WITH APP

► Free to download from the Appstore

If you're a regular visitor of its shops, then this app could be great for updating your shopping baskets. Functional for both single serving and dinner party nights, the app features recipes with unique in-built timers – essential for people like me who never keep an eye on the

time during cooking. With the option to save favourites, while adding ingredients to a virtual shopping list, I found that it saved me loads of time. The photos are Instagram-worthy (the strawberry and manchego salad and blueberry crumble are #favourites) and the instructions are refreshingly short and simple. The recipe range

is quite limited; if you're looking for a classic Victoria Sponge recipe then you're out of luck, but there are enough recipes to test your culinary skills, including some great healthy options. This app is easy to use and will help jazz up your mealtimes in minutes.

STAR RATING:

★★★★★

Vineeta Sathiamoorthy

New ride

For all the spin-lovers in Canary Wharf, you can now add a cycle-tastic workout to your lunch break as Psyche have opened its second location – yay! Time to head down to Crossrail Place for a quick sweat and some good ol' cold-pressed juice!



THE BIKINI PROMISE

by Sally Bee

► £14.99,

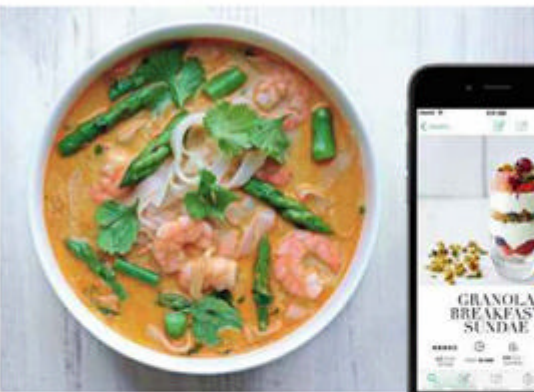
amazon.co.uk

Don't be fooled; the cover may look playful but Sally Bee's *The Bikini Promise* will become your go-to recipe book. And I should know! The idea of diet books just doesn't appeal to me; I don't like the idea of dieting, nor do I like being restricted. But, with *The Bikini Promise*, I appreciated the idea of knowing 'what you should eat rather than what you shouldn't' and agree with Bee that 'there is no diet that will do what healthy eating does'. It's great to finally find a cookbook with some simple, nutritious and super-easy to follow recipes that are as great for a work lunch as they are for dinner with friends. What's also useful is that each recipe is labelled 'light' or 'active' to help you match your meals with how active you've been that day! Your life just got a whole lot easier.

STAR RATING:

★★★★★

Lisa Nguyen



Reviews

All the latest releases tried and tested for you by team WF

READER REVIEW

HIGH-INTENSITY INTERVAL TRAINING FOR WOMEN

by Sean Bartram

► £9.99, amazon.co.uk

As a lover of interval training classes, this book provides a great resource for extra exercises and training methods to add to my normal training. The book provides concise

training routines to get the most out of my workout with everything from warm-up routines and beginner exercises to the more advanced exercises that really get my blood pumping. When I'm exercising at home, without the help of a trainer, some exercises can feel difficult to master or I feel I may not be using the correct techniques but this book gives great expert tips to make sure I am concentrating on my form and getting the best from

the routine without injuring myself. Overall a great exercise book, and if you want further inspiration, just take a look at the pictures to see the results you can achieve with HIIT training.

STAR RATING:

★★★★★

Tasha Henson, Barnstaple, North Devon



SHAPE UP, CHILL OUT

This summer, tone your body and calm your mind with our yoga-Pilates mash-up workout

Sometimes, fun as it is, summer can be a bit stressful. On top of work, family and a diary bursting with sunny social commitments, some of us have the added pressure of feeling like we need to shape up for that upcoming summer getaway, too.

But, remember, in order to look your best, you need to feel your best. Stress not only makes it tough to torch fat, but it also means you won't be able to sit back and really enjoy the results of all those early mornings in the gym!

So, to help you chill out, while you work out, Naomi Costantino, founder of new lifestyle hub East of Eden (edeneast.co.uk) has given us this awesome energising yoga and Pilates workout to sculpt your body *and* centre your mind.



HOW TO DO IT

For the yoga section, perform each move one after the other, holding for the allotted breaths for your level. Do not rest between moves. Then move on to the Pilates section.

Beginner:
4 breaths

Intermediate:
8 breaths

Advanced:
12 breaths



YOGA

DOWN DOG

Technique

- Start on the floor on your hands and knees. Place your knees below your hips and your hands slightly further forward than your shoulders. Spread your hands, index fingers parallel, and tuck your toes under. On an exhale, lift your knees away from the floor.
- At first, keep your knees slightly bent and your heels lifted. This allows the spine to fully lengthen. From here, lift your sit bones up toward the ceiling.
- With your next exhale, push your thighs back and allow your heels to lower toward the floor as your knees start to straighten. Pull up your front thighs to protect the knee joint and take the emphasis of the pose into the back of your body – away from the shoulders and the wrists.
- Engaging your upper arms, allow your shoulders to draw away from your ears, creating space for your neck.



SAFETY TIP

Position your head between your upper arms to avoid it hanging – this allows the full length of your spine to stay aligned

WARRIOR II

Technique

- Step one foot out to the side, by about a metre, as you exhale. Raise your arms so they are parallel to the floor, and actively reach out to the sides with your palms facing the floor. Slide your shoulder blades back and down and turn your left foot out 90 degrees, keeping your heels aligned.
- Exhale and bend your left knee,

allowing the top of your right thigh to turn in and drop into your pelvis.

- Keeping the sides of your torso equally lengthened and your arms parallel to the floor, stretch your arms away from the centre of your mid back. Lengthen your tailbone and look over your left hand.
- Perform on the other side.



SAFETY TIP

Make sure the shin of your bent leg is perpendicular to the floor and the knee doesn't overshoot the ankle



EXERCISE : BREATHE EASY

TWISTING CHAIR POSE

Technique

- Stand with your feet together, big toes touching. Inhale and raise your arms above your head. Exhale and bend your knees, bringing your hips as low as you possibly can.
- Draw your shoulder blades back and down as you reach up with your arms. Imagine that

your tailbone is lengthening down to the floor.

- Bring your hands together into prayer at your heart centre, and then twist your torso to the right.

Place your left elbow on the outside of your right knee while making sure knees are in line and your pelvis is balanced.

- Repeat the move on the other side.

SAFETY TIP
Keep your weight in your heels, and draw your abs back toward the base of your spine



EAGLE POSE

Technique

- Stand with your feet parallel, hip-width apart. Take your gaze forward and find a soft eyeline focus. This will help with your balance.
- Inhale and shift your weight on to your left foot. Lift your right leg and cross your right thigh over your left thigh. If you feel you have the space available, wrap your right toes around the back of the left calf muscle.
- Taking a slight bend through the left knee, lower your hips toward the floor,

concentrating on the stretch down the back of your left ankle.

- Bring your arms in front of you, and place your right elbow on the inside of your left elbow, interlocking your

arms with the palms of your hands coming together.

- To exit the pose, unwind the arms first then uncross the legs.
- Repeat the move on the other side.

HOT TIP
To create more space in the upper back, lift your elbows higher while drawing your shoulder blades back and down



PILATES

PILATES 100

Technique

- Lie on your back with your feet off the floor, legs bent to a 90-degree angle and arms by your side, palms up. Draw your pelvic floor muscles up and keep your spine neutral.
- Inhale, lifting your arms up above

you, then exhale as you bring your arms back down to the floor, rolling your head and shoulders off the mat and drawing your abs back.

- Inhale through your nose as you pulse your arms up and down. Perform 10 reps.

SAFETY TIP
Take audible inhalations (like sniffs) through the nose, keeping your breaths in time with your arms



SAFETY TIP
Keep your hand flat on the floor for support



SIDE PLANK

Technique

- Lie on your left side, resting on your left elbow. Make sure your shoulders are in line with your pelvis and ankles.
 - Lift your hips up off the floor, bringing your abs back toward your spine
- while drawing up your pelvic floor.
- Lengthen your right arm to the ceiling.
 - Repeat the move on your right side. Use the same breath count for this as you used for the yoga poses.

PILATES BRIDGE

Technique

- Lie on your back with your feet on the floor, hip-width apart and your legs bent to a 90-degree angle. Keep your spine neutral.
- Inhale and feel the expansion into your back; on your exhale, ground your feet, squeeze your glutes and lift your pelvis off the mat.
- On your next exhale, lower your spine one vertebra at a time. Use the same breath count for this as you used for the yoga poses.

SAFETY TIP
Check your alignment: keeping your hips stacked and your neck in line with the spine.



PILATES HEEL BEATS

Technique

- Lie on your stomach, with your forehead resting on your hands.
- Lift your abs away from the mat as you lengthen your spine. Turn your legs out from your hips, finding a rotation that feels comfortable for your pelvis. Bring your heels together.
- As you inhale, allow your legs to float off the mat, and draw your abs in and up toward the base of your lower back.
- With a steady inhale and exhale, bring your heels to touch and then apart in time with your breathing. Perform 3x20 reps.

SAFETY TIP
Lengthen your neck and try not to strain it



Armed and dangerously HOT!

Whether you're rocking a tank top or braving it in a bandeau, this workout will make your arms look *amazing*

Don't stay stuck under a cardigan in the heat this year.

Wear a bandeau or strappy top with pride and confidence thanks to this super-effective tone-up routine! You

can do it in the gym or at home – if you have the kit – and it's pretty easy to slot into even the busiest schedule. So, wave goodbye to bingo wings and say hello to tight arms and sculpted shoulders!

HOW TO DO IT

Perform one set of each move, then take 60 seconds' rest and go back to the start to repeat. Beginners can take an extra 10 seconds between each set, too. Use weights that are as challenging as you can manage without compromising your form.

Beginner:
3 x 5 reps

Intermediate:
4 x 5 reps

Advanced:
5 x 5 reps



PRESS-UP RENEGADE ROW

Technique

- Start in a straight-arm plank position, holding a dumbbell in each hand.
- Bend your arms to lower your chest to the floor, elbows behind you rather than out to the side. Keep your body in a straight line throughout.
- Push back up to the start, then row one dumbbell up to your side.
- Repeat on your opposite arm for the next rep.

SAFETY TIP
Don't let your hips drop lower than the rest of the body



BENT-OVER ROW

Technique

- Holding a barbell, stand with your knees slightly bent.
- Hinge at your hips so that your upper body is almost parallel to the floor. Your arms should also be extended toward the floor.
- Squeeze your shoulder blades together as you row the barbell up.
- Slowly lower and repeat.

SAFETY TIP
Keep your back flat and don't hunch your shoulders



EXERCISE : UP IN ARMS

GET THE LOOK

CLOTHING: Lija bra, £48, lijastyle.com; Lucas Hugh capris, £250, lucashugh.com; Reebok Skyscape Fusion trainers, £62, reebok.co.uk **KIT:** Mat, agoy.co.uk; barbell and dumbbells, physicalcompany.co.uk; deck, reebokfitness.info

LATERAL RAISE

Technique

- Stand, holding a dumbbell in each hand.
- Raise the dumbbells out to your sides until they reach shoulder height.
- Lower the dumbbells and repeat.

'Wave goodbye to bingo wings and say hello to tight arms and sculpted shoulders'

SAFETY TIP
Keep your elbows soft



FRONT RAISE

Technique

- Stand, holding a dumbbell in each hand in front of your thighs.
- Keeping your body still and arms straight, raise the dumbbells up in front of you until they reach shoulder height.
- Lower and repeat.

SAFETY TIP
Keep your elbows soft



BENCH PRESS

Technique

- Lie face-up on a bench with your feet on the floor, holding a barbell directly above you with both hands around shoulder-width apart.
- Slowly lower the barbell towards your chest.
- Push back up to the start and repeat.



CURL AND PRESS

Technique

- Stand, holding a dumbbell in each hand by your sides.
- Keeping your upper arms close to your body, curl the dumbbells up to your shoulders.
- Push the dumbbells toward the ceiling, rotating your arms outward.
- Reverse the movement to lower back to the start.





DO YOU HAVE WHAT IT TAKES?

*A career in the Royal Air Force could
be just the job you're looking for*

LUCY ASH, 20, RAF ICT TECH

Why did you decide to join the RAF as an ICT Technician?

I joined the RAF when I was 17 years old straight after high school. I decided to join as an ICT Technician because I had no idea what I wanted to study when I finished school, but knew it was important that I further my education. By joining the RAF as an ICT technician I got my qualifications while gaining life experience and starting a career.

What do you enjoy most about your role?

It's a big positive that my work values my fitness as much as I do. I also enjoy working on such a variety of technical equipment.

What opportunities has the RAF presented to you?

Since graduating from training the most enjoyable experience has been working as security for the 2014 Commonwealth Games. It was amazing to meet all the athletes and watch the sports when your shift finished or you had a break.

What type of training have you had to do?

During basic training you are taught physical and military skills to a basic level. Then you are sent to trade training where you receive specialised skills for your trade.

What is the RAF lifestyle like?

Being in the RAF is a way of life – it is certainly not the average 9 to 5!

There are always opportunities to get involved in a whole host of activities that take place during and outside working hours.

What kind of facilities do you have on your station?

Our camp has a gym which we can access 24 hours a day, with a wide variety of equipment, from a studio, spinning suite, sports hall and cardio room to a weights room and climbing frame! There are football and rugby pitches and a High Ropes facility, too.

Have you done any adventurous training?

There are opportunities to organise and attend adventurous training. You can do anything from sky diving, scuba diving, climbing, mountain biking, skiing,

gorge walking and kayaking. These activities can take place anywhere in the world, from the USA and Germany to Wales, Scotland and Poland.

What sports do you play or hobbies do you have?

I'll try my hand at anything sport-wise, but I mainly play football and lift weights. I've also got into athletics over the last few months. Wanting to improve my speed for football I went along to track coaching and really enjoyed it. The sprint coach competed at the Sochi Winter Olympics helped me become a lot faster.

How does the RAF support these hobbies?

Netball and rugby are both hobbies of mine and I play both



'YOU CAN DO ANYTHING FROM SKY DIVING, SCUBA DIVING, CLIMBING, MOUNTAIN BIKING, SKIING, GORGE WALKING AND KAYAKING'



PUSH YOURSELF TO THE LIMIT!

Take the RAF's RAFFT test to see if you'd make the cut

The bleep test (the MSFT) is designed to test your cardio-respiratory endurance (your aerobic fitness). Green is a pass, anything to the right is a fail. If you get green you won't have to test again for another six months. For example A 27-year-old female would need a minimum pass mark (green) of 7'2 for the bleep test (Level 7, 2nd shuttle) and a minimum of 10 press-ups in a minute and 32 sit-ups in a minute for a minimum pass rate.

RAFFT Standards (MSFT/Rockport walk/Press-up/ Sit-up). The RAF minimum standard is indicated by the Green zone.

	Female	<0.5 x	0.5-1.0 x	1.0 x	2.0 x	4.0 x	4.0-8.0 x	>8 x
Age 17 - 29	MSFT Level	>11.6	8.7 - 11.6	7.2 - 8.6	5.7 - 7.1	5.1 - 5.6	4.3 - 4.9	<4.3
	VO2	>51.9	42.1	37.1	32.2	30	27.2	<27.2
	Press-ups	>29	20 - 29	10 - 19	7 - 9	5 - 6	3 - 4	0 - 2
	Sit-ups	>51	38 - 51	32 - 37	27 - 31	22 - 26	17 - 21	0 - 16
	Female	<0.5 x	0.5-1.0 x	1.0 x	2.0 x	4.0 x	4.0-8.0 x	>8 x
Age 30 - 34	MSFT Level	>10.10	8.1 - 10.10	6.8 - 7.10	5.4 - 6.7	4.8 - 5.3	3.8 - 4.7	<3.8
	VO2	>49.9	40.3	35.7	31	29.1	26.3	<26.3
	Press-ups	>28	19 - 28	9 - 18	6 - 8	4 - 5	2 - 3	0 - 1
	Sit-ups	>48	35 - 48	29 - 34	24 - 28	19 - 23	14 - 18	0 - 13

for the RAF. I really enjoy them work gives me time off to compete and train for it. I also enjoy the freedom I'm given to book leave when I want.

What educational opportunities have you had?

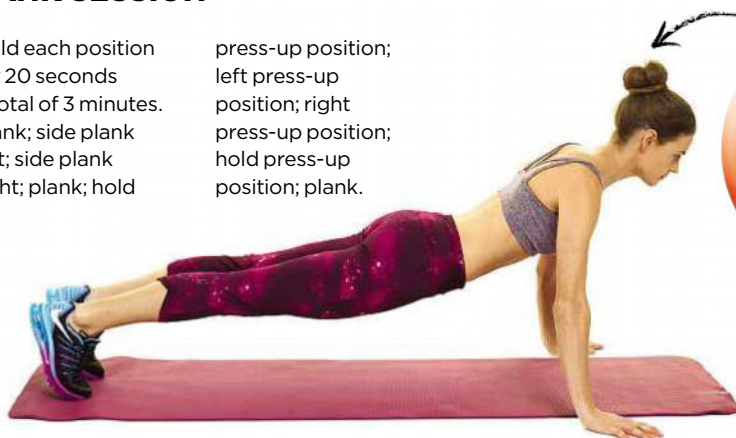
The RAF prides itself on providing plenty of education and personal development opportunities. I got an Advanced Apprenticeship upon completion of my technical training. Plus, there's also a scheme run in conjunction with Staffordshire University that allows me to use many of my military specific qualifications towards a degree.

What are your top tips for joining the RAF as an apprentice?

Work on your fitness levels and your military knowledge before so you can cope with basic and trade training.

CORE CHALLENGE: PLANK SESSION

- Hold each position for 20 seconds = total of 3 minutes.
- Plank; side plank left; side plank right; plank; hold press-up position; left press-up position; right press-up position; hold press-up position; plank.



HOT TIP
Tuck hips under (do not let hips sag) and tense your stomach muscles as hard as you can

➤ To find out more about the role follow the QR code or search RAF ICT Technician. Visit raf.mod.uk/recruitment, or call 0345 605 5555

ROYAL AIR FORCE
Engineering





HOW TO DO IT

Sprint 200m, then do the allotted reps for each move for your level. Take a minute's rest then repeat the circuit.

Beginner: 5 x 5 reps

Intermediate: 4 x 10 reps

Advanced: 5 x 10 reps

The tan and tone workout

No need to choose between sunshine and exercise. Get both in one hit with this super-speedy park workout

Yes, we know how it goes this time of the year.

Summer comes and the last thing you want to do is a) miss out on all the sunshine by hitting the gym

at lunch, or b) sack off post-workout sunshine drinks to hit the treadmill.

This workout fixes both problems. Not only is the workout extra

fast so you can blitz it in a matter of minutes, but you'll be soaking up the rays the whole time, too. So, let's go! Lace up your trainers and head to your local park asap.

SPIDERMAN PRESS-UP

Areas trained: **CHEST, TRICEPS, CORE, SIDES**

Technique

- Start in plank position.
- Bend your arms to lower your chest toward the ground while bringing your

right knee up to meet your right elbow.

- Push back to start position and repeat, alternating sides with each rep.

SAFETY TIP
Ensure your body is in a straight line and not sagging at the hips



BENCH BOX JUMP

Areas trained: **BOTTOM, LEGS, CORE**

Technique

- Stand with a bench in front of you.
- Jump up on to the bench and land softly, then stand up straight.
- Jump or step off the bench and repeat the move.

HOT TIP
Jump from a full squat position to make it a little harder



A running revolution

The innovative Reebok ZPump Fusion trainer features an air-filled cage that you can pump up until the shoe fits your foot perfectly. Amazing, right?

£85, reebok.co.uk



#FIT

The kit, gear and accessories we can't get enough of this month



Stylish stats

The new and improved TomTom Multi-Sport Cardio is a workout must-have. The accurate GPS and built-in heart rate monitor are snazzy, but we're bowled over by the awesome racing mode function!

£249.99, tomtom.com/sports

Handy holder

Make the journey to your next yoga class a breeze with Patagonia's Lightweight Yoga Sling. It holds your mat, keys, towel and bottle, and is made from ethical fabrics.

£26, patagonia.com/eu



Print perfection

What do you do when the season changes? Get a new workout wardrobe, obviously! The Tiny Fish Om Blue leggings have summer written all over them.

£58.50, tinyfishco.com



Cream of the crops

Whether you're hitting the gym for a HIIT session or catching some waves on the beach, Hurley's Static Lined Crop Bikini Top is a summer must-have.

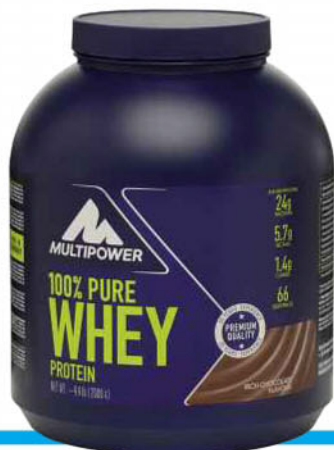
£32.99, surfdome.com



Give it 100%

Make your shake count with Multipower's new 100% Whey Protein. Vitamin B6 boosts the effectiveness of the protein, plus the added hydrolysate makes it easier to absorb.

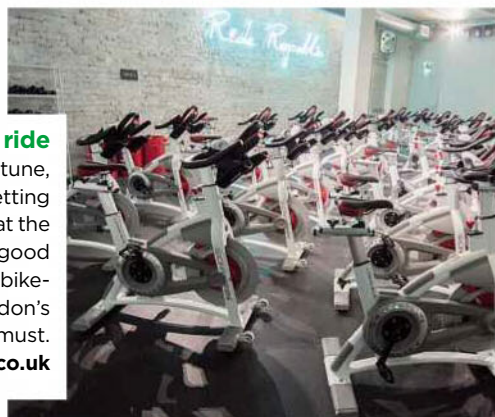
£21.49, multipower.com



A real ride

We love a good tune, and the idea of getting a serious sweat on at the same time is too good to pass up, so this bike-based class at London's Ride Republic is a must.

£20, riderepublic.co.uk



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JUMP IN THE POOL!

The perfect way to keep you fit, lean and cool all summer long, swimming is our NBF this month. Not sure if it's for you? We've got plenty of great reasons to jump in, plus some amazing water-based adventures; easy ways to boost your swim strength and the must-have one-pieces every water baby is lusting after this summer. Come on, take the plunge!

Stroke of genius

Make swimming your go-to workout and soak up the benefits for both body and mind

'Want to get an instant endorphin kick? Jump into a swimming pool!'



It's fun pounding away the calories on the treadmill, honing your strength with weights and sweating yourself slim at a spin class, but these get-fit methods only offer a fraction of the benefits of a swimming workout.

Trade in your usual workout for time in the pool at least once a week and you'll get more bang for your buck: swimming improves stamina, strength and endurance, and whips your body into shape, giving you a flatter belly and leaner legs. Here's why a water workout is the way forward.

IMPROVES HEART HEALTH

Swimming is the ultimate aerobic workout. The increased demand for oxygen means your muscles have to work harder as they work against the resistance of water. 'It's an ideal workout for your heart and circulation, as you are using every part of your body to swim; therefore your heart is working harder than usual to circulate blood to your arms and legs,' says Caroline Swatton, founder of Swalings School of Swimming (swalings.com).

BOOSTS YOUR MOOD

Want to get an instant endorphin kick? Jump into a swimming pool. You don't need to be a pro swimmer to reap the rewards; even a few laps will get the feel-good chemicals flying around your body. 'A recreational swim leaves you feeling positive and it really burns those calories,' says Caroline. Studies show that those that swim regularly also have substantially more energy than those who do other types of exercise. 'They also

experience less tension, depression and anger after a session in the pool, making them happier people,' she adds.

BURNS FAT

An hour of swimming burns hundreds of calories while helping to build lean muscle mass and keeping your metabolism revved up. 'Water is nearly 1,000 times denser than air, so swimming through it is like using a resisted weight machine in the gym – but safer and with less restricted biomechanical movement,' explains Lorcan Loughrey, swimming coach at Reebok Sports Club.

INCREASES FLEXIBILITY

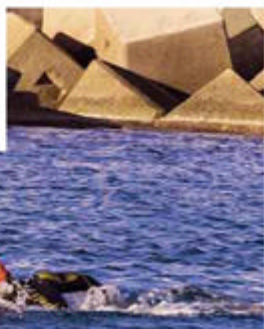
Our joints are prone to wear and tear as we get older, but regular swimming sessions help to keep you strong and supple. Don't get us wrong, we love running and gym classes, but these can be tough on your body. Swimming is a joint-friendly form of exercise, thanks to water's weightlessness effect. 'One of the underlying benefits of swimming is the flexibility gained from participating in the activity. It's like climbing a wall – the higher you reach, the further you will go,' says Lorcan.

ADDS VARIETY

If you're stuck in a workout rut and bored of doing the same workout session over and over, swimming can offer a refreshing change – it's far more than just laps in the pool. 'Being a strong swimmer opens up so many fun opportunities, especially now that summer is here. You could try waterskiing, body boarding, turtle spotting or snorkelling – the list goes on,' says Lorcan.

TRIMS AND TONES

You don't have to be an Olympian to sculpt the perfect figure. Swimming gets your blood circulating so your muscles receive more oxygen, which in turn promotes muscle growth for a trimmer body. 'Each stroke works specific muscle groups – for example, in front crawl and back crawl the underwater pull and push action of the arms will work your biceps, triceps and deltoids,' says Amanda McIlvaney, Virgin Active's senior swim manager for Scotland and the North (virginactive.co.uk). 'With all strokes, to maintain a streamlined position in the water you have to engage the core muscles, and your quads and hamstrings will be working to maintain the leg action.'



GO WILD

Feeling brave? Sign up to an open-water swim

Want to upgrade your swim? Why not take the plunge in the great outdoors? Swimming in open water is completely different to doing lengths in the pool. It's far more demanding, so good stamina is a must. Plus, unlike a swimming pool, there are no lanes or ropes to keep you on course; instead you have to rely on good technique and skill, so plenty of training is essential (making it a great challenge to work towards!). We've put together the best open swim events in the UK and abroad for inspiration.

► FIREWORKS 500

WHEN: 4 November

DISTANCE: 500m

WHAT TO EXPECT: Experience the beauty of night swimming with Capernwray Dive Centre in Lancashire, which is hosting a night-time 500m swim through the centre's quarry. Participants can race or complete the distance at their leisure while glow sticks and illuminated buoys guide the way around the circuit.

► **For more info:**
mytrivevents.co.uk

► THE GREAT FJORD SWIM 2015

WHEN: 10 October

DISTANCE: 750m or 2K

WHAT TO EXPECT: Swim in the deep green waters between Galway's awe-inspiring mountains in Killary Fjord. Swimmers will be taken out on a boat into the fjord, where they'll jump into the water to reach the start line.

► **For more info:**
gaelforceevents.com

► THE SPLASH RACE 3

WHEN: 27 September

DISTANCE: 750m, 1.5K or 3K

WHAT TO EXPECT: Set in the heart of east London, The Splash, which takes place in Hackney's West Reservoir, incorporates a combination of distances to challenge swimming newbies and seasoned veterans.

► **For more info:** capitaltri.com

► BURGH ISLAND SWIM

WHEN: 20 September

DISTANCE: 1 mile

WHAT TO EXPECT: Fancy giving a high-tide open-water swim a go? The Chestnut Appeal for Prostate Cancer is holding its fifth annual swim, which takes place on Devon's Burgh Island. Swimmers must raise a minimum of £50 in order to take part and will receive a medal upon completion.

► **For more info:**
chestnutappeal.org.uk

► SWIM THE ISLAND

WHEN: 10-11 October

DISTANCE: 1.8K, 3.5K or 6K

WHAT TO EXPECT: Head to north-west Italy and take part in this series of open-water swims in the picturesque, marine-protected waters of Bergoggi. Ideal for all abilities, this stunning Mediterranean event is not to be missed.

► **For more info:**
swimtheisland.com

► SWIM BARCELONA SANT SILVESTRE

WHEN: 27 December

DISTANCE: 1K, 1.5K or 2.5K

WHAT TO EXPECT: Want to end the year with a bang? Dive into the 17°C Balearic sea, bidding farewell to the year as you mean to go on.

► **For more info:** nedaemon.com

'An hour of swimming burns hundreds of calories while helping to build lean muscle mass'



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The swim sessions

There's no better time to dip your toe in the water. Lisa Nguyen speaks to the experts to find out how to take to the pool like a pro

One of the best things about the weather hotting up is the chance to don our cossies.

Swimming is one of few sports that gives your body an all-over workout – which is why you feel so energised (and hungry!) after doing just a few laps.

And it's not just good for you physically, it's also great for your overall wellbeing. A four-week study by British Gas SwimBritain found that a few laps per week not only increased fitness levels by 15 per cent, but also increased feelings of positivity by 35 per cent, sleep quality by 40 per cent and energy levels by more than 50 per cent.

Michelle Dillon, Speedo specialist and British triathlete, says, 'Whether you're a novice or an elite, it's important to remain focused on improving technique. This will allow you to cut more gracefully and efficiently through the water, saving you energy and helping you swim faster for longer.' We spoke to the experts for some insider tips on how to better your performance. Here's our beginners' guide to being a better swimmer. Ready, set, let's make some waves!

LESSON 1: *Boost confidence*

GEAR UP

New to swimming? It's very important to feel comfortable before you try something new, and making sure that you have the right kit is crucial to your performance. A well fitting swimsuit will not only flatter your body shape but also allow you to move freely, which in turn keeps you happy and motivated. Similarly, sourcing the right pair of goggles is essential: 'If you are a nervous swimmer, then not being able to see properly will make matters worse – even if it is for just 25m in a pool,' says BTF-qualified triathlon coach Alison Steed. 'You need to be comfortable before you can swim well, so spend some time choosing the right pair for you. Women often need smaller goggles as we have smaller faces, so it may even be worth looking for a child's fit if you are petite.' And look for anti-fog goggles – restricted vision is not good!

ALL AT SEA?

Try to stay calm when you're in the water. 'Confidence is vital as it will allow for a relaxed swimming experience and, if you're in trouble, a calm mental state will enable you to seek help or go to safety,' says swimming instructor Ava Pearce. 'You should also always know the depth at which you're comfortable with.' Sarah Taylor, swim product and programming manager at Virgin Active, agrees, adding that your environment can help with this. 'Choosing to swim at quieter times of the day is key to not getting too flustered,' she says. Find out when the non-peak sessions are at your local pool so you have the space and time to improve at your own pace. It also means you can avoid waiting around to use any equipment you might need.

FIND A MATE

Like any other sport, it's always helpful to have someone who can give you feedback or with whom you can compare notes during your session. 'Swimming

lessons are essential for building confidence in general and should be considered for all ages and abilities,' says Sarah. But, if this is something you are not yet comfortable with, why not get a friend to join you? It doesn't matter what level they are, as you'll learn something from each other either way. Besides, working hard together to achieve a goal is so much more satisfying than a standard catch-up!

LESSON 2: *Practise the basics*

BREATHING

Learning how to control your breathing in and out of water will help you to relax and move through the water more confidently. Michelle recommends submerging your head and performing 10 seconds of blowing continuous bubbles from the mouth only, then the same from the nose only, then start-stop-start-stop bubbles from the mouth only, then the nose only.

'Swimming is so much about technique that even the fittest people can struggle to keep up with a less fit but technically adept swimmer'

Alison Steed, BTF-qualified triathlon coach and multiple Ironman finisher

SWIM KIT

Make a splash with our pick of the hottest swim kit

PRETTY PRACTICAL

Look fab in this fashionable yet functional Hi-Neck swimsuit by Zoggs.

£30, swimwear365.co.uk



HANDY TOOL

Track your swimming

activity against your swim goals and discover nearby pools all in one place with the Speedo Fit app.

Free, iTunes

SWIM SMART

The integrated Smart Sensor in this Suunto Ambit3 watch logs your speed, pace, distance and heart rate.

£325, watchshop.com

WATCH OUT

For crystal-clear vision underwater, get your own custom-made Aquaviz Prescription watersports mask.

£59.95, sportseyeweardirect.co.uk



FULLY IMMERSED

If you want to use swim apps while you swim, this waterproof case is the answer.

Just refrain from updating your Facebook status...

£20, store.aquapac.net



TREADING WATER

Learning how to tread water is a vital first exercise for beginners as it is essentially how you learn to swim without needing the reassurance of feeling the floor beneath you. Of course, it's safer to accomplish this drill in shallow water before you show off your new skill in the deeper end! 'The technique for treading water is to gently move your legs and arms in a circular motion to keep your head above water and to not do this by fighting the water, which will cause fatigue and therefore put you at risk,' says Ava.

FLOATING

Being able to float on your front or back is a sure way to feel comfortable in the water and helps you to calm down if you're ever in a panic. Try Michelle's simple exercise: using the wall, noodle or floats (or with no kit at all), slowly stretch your arms and legs out in a star position with your limbs loose. Put your head down in the water while exhaling

slowly, and tuck your knees in. Lift your head to stand.

LESSON 3: Get technical

CUTTING SHAPES


The main trick to swimming well is to be as streamlined as possible, which requires core strength. 'Your legs need to be high in the water and not dragging down like an anchor, so practise tensing your core muscles as you swim to bring your legs up higher,' says Alison. 'Put your head a little lower in the water if you need to - this counterbalances and helps to raise your legs. Ideally, you want just the tips of your heels breaking the surface as you kick.' An extra tip from Pauline Squire, aquatic tutor and coach, is to use swim aids: 'Use pull buoys to show you how buoyant you can be, then train your body to do the same without the aid.'

SWIMMING PULL

'The majority of the power in your swim stroke will come from your arms, not your legs, so getting your

pull right in the water is crucial', says Alison. 'Imagine you have a ladder about 80cm under the water, and you need to put your arm into the water and catch each rung with a flat palm to pull you along. You would never pull yourself up a ladder with straight arms, so make sure they are bent under the water too - this maximises your power and engages your biggest upper body muscles to both pull and push yourself through the water.'

NEED FOR SPEED

There's a reason why this one comes last: it's no good forcing your body to go faster as your speed is mostly determined by your streamlining and stroke. 'Swimming with a poor technique takes a huge amount of effort and your body tires quicker than it needs to. A good technique makes your strokes more fluid and makes you feel more at ease,' says Sarah. Once you've got this down, you can start racing the clock as much as you like! 

Lap up the views

Love a good swim? Work it into your downtime with *WF*'s ultimate water-based holidays

Everyone loves a summer holiday, and if you're a fan of the water, too, why not combine the two?

Instead of opting for a fly-and-flop beach holiday, head somewhere with decent swimming facilities to keep yourself active. Check out our favourite swim hot spots.

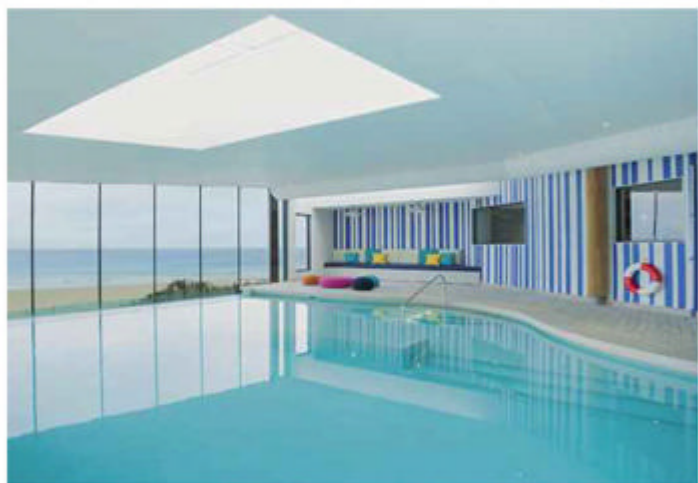
The great British beach

WHAT: Swim Clinic at the Watergate Bay

WHERE: North Cornwall coast, UK

WHY: Perfect your technique in beautiful Cornwall. The Watergate Bay Hotel's two-night swim clinics run until November and combine beach and pool sessions to help you make the most of the water. So, whether you prefer lengths in the pool or splashing about in the sea, you've got the best of both worlds. Plus, the food in both the hotel and nearby Jamie Oliver's Fifteen Cornwall is to die for!

☐ £285, watergatebay.co.uk



Best of both

WHAT: Grand Resort Lagonissi

WHERE: Athens, Greece

WHY: You'll quite simply be spoilt for choice on this 72-acre peninsula on the Athenian Riviera. While the Grand Resort Lagonissi's 16 private beaches linking to the Aegean Sea will undoubtedly be screaming your name, it'll be hard to walk past its outdoor fresh-water heated swimming pool, too. Clear waters, clear skies, clear mind.

☐ £199 per night, grandresort.gr

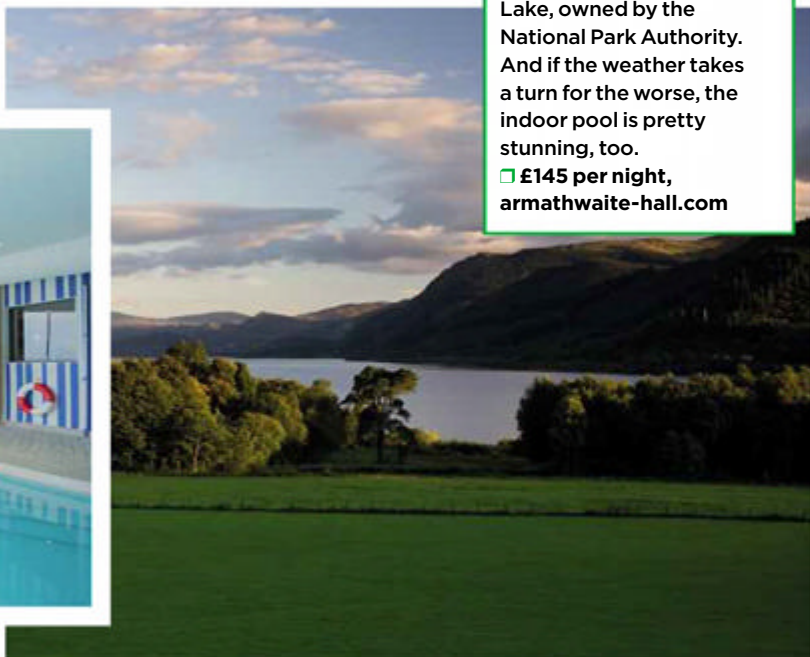
Out in the open

WHAT: Armathwaite Hall

WHERE: Lake District, UK

WHY: If you dare to brave the open water this summer, make sure there's a view worth doing it for. Dipping your toes into the waters by Armathwaite Hall on a sunny day is hard to beat, with breathtaking scenes of Cumbria's rolling hills and a view of the famous Bassenthwaite Lake, owned by the National Park Authority. And if the weather takes a turn for the worse, the indoor pool is pretty stunning, too.

☐ £145 per night, armathwaite-hall.com





Worldly wonder

WHAT: Hotel Cielo Rojo

WHERE: Riviera Nayarit, Pacific Coast, Mexico

WHY: Confident and skilled swimmers will get the most out of this beautiful area, which also boasts a natural tunnel leading to the uninhabited Marietas Islands. The entire area is lined with stunning beaches, green jungle and mountains, so

wherever you take your breast stroke, there's always something to see. And, what could be better than swimming out in the warmest, clearest waters while catching a tan? Doing it with dolphins of course. Check out Vallarta Adventures (vallarta-adventures.com) to organise this once-in-a-lifetime opportunity.

£99 per night, hotelcielorajo.com



Ride the waves

WHAT: Ticket to Ride Surf School

WHERE: Perranporth, UK

WHY: If you're a serious water baby, then why not take the next step and try a spot of surfing this summer? This surf school offers lessons by the day, so if you're a beginner you can make your swimming holiday magical by riding your first wave. And, if you fancy something a little calmer while you're out there, stand-up paddleboarding is all the rage right now... it'd be rude not to try!

£240 (weekend with two surf lessons), £299 (full week with six surf lessons), both inc B&B, tickettoridesurfschool.co.uk

Splashing around

WHAT: Center Parcs

WHERE: Various UK locations

WHY: Can't make it to a real tropical paradise? Who cares? If you love being in the water but don't like to take your swimming too seriously, then you'll love the Subtropical Swimming Paradise at all of the Center Parcs villages in the UK (apart from Whinell Forest). With a lagoon pool for relaxing, a wave pool for a little more excitement and the Wild Water Rapids for a lot more excitement, it's great fun with a group of friends or with the family.

From £339 for a three-bedroom lodge for four nights, centerparcs.co.uk



STAY PROTECTED

Don't let the sun hamper your holiday. Check out our three ways to avoid getting scorched

1 PUMA SUNGLASSES

Keep those peepers safe with these swish sunnies with UV400 protection lenses.

£40, puma.co.uk



2 JASON MINERAL NATURAL SUNSCREEN

Free from fragrances and added nasties, this water-resistant sunscreen provides both UVA and UVB protection.

£13.99, jasonnaturalcare.co.uk



3 KIKO LIPSTICK WITH SPF50

Raspberry seed oil and shea butter work together to keep lips soft, supple and protected.

£6.90, kikocosmetics.co.uk



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THE **PROTEIN**™
WORKS
PURE | PROVEN | PERSONAL

The *flat-tum* plan

Work that one-piece poolside this summer – and boost your energy for all those laps! – with our beat-the-bloat meal plan

THE RULES

Follow these top tips to hit the diet jackpot...

1 DRINK WATER

When hunger pangs hit, pour yourself a glass of water. Thirst is often mistaken for hunger so sip on 1.5 litres of water a day to help to keep tummy rumbling at bay.

2 EAT WITHIN AN HOUR OF WAKING

Skipping breakfast can cause a rollercoaster of highs and lows, so make sure you eat within an hour of your alarm clock ringing to set yourself up for a healthy day ahead.

3 HAVE A KITCHEN CLEAR-OUT

Give your kitchen an overhaul in the name of

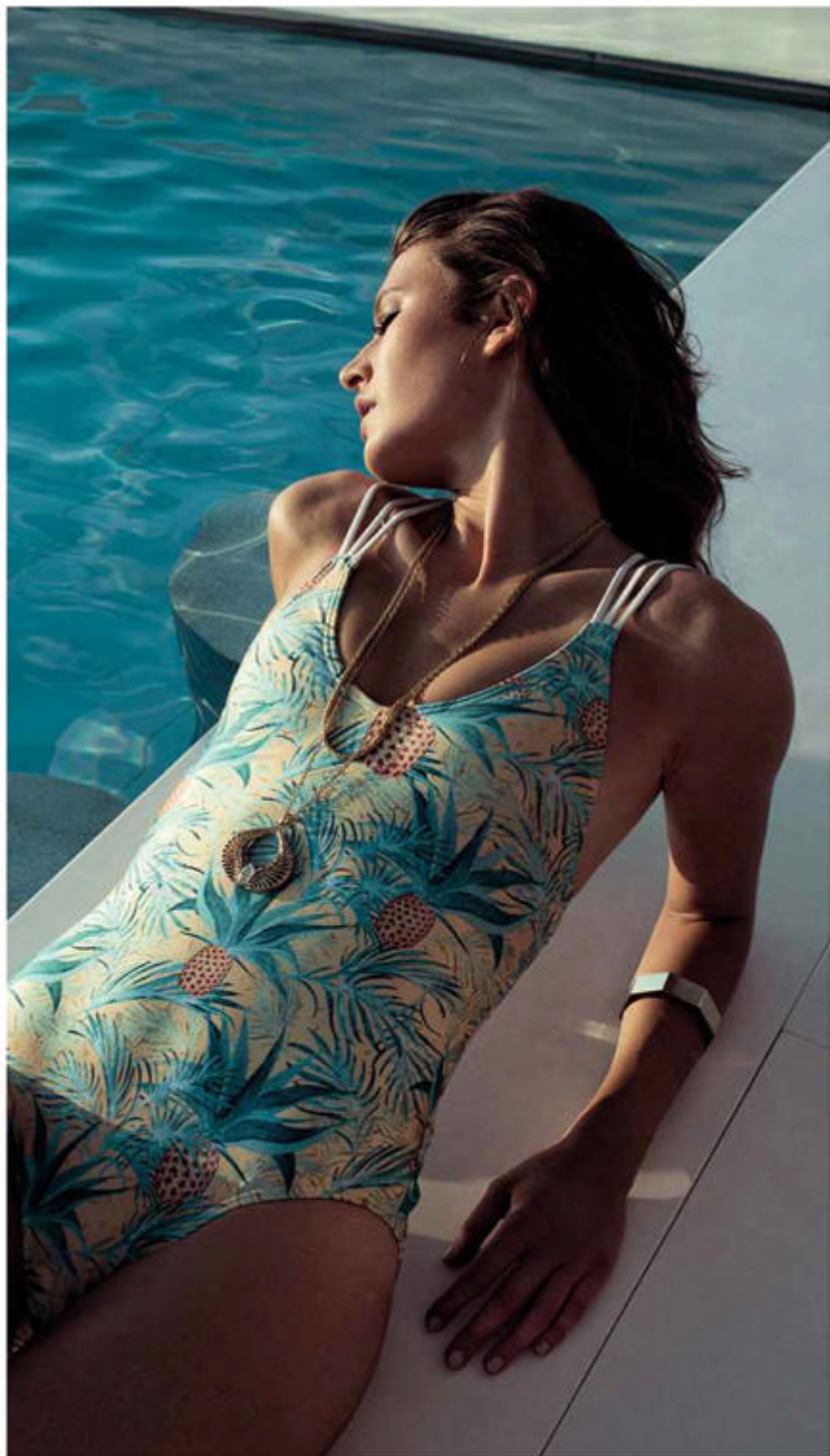
a flatter tum. Say goodbye to all packaged, processed foods and fill up your fridge with fresh fruits and vegetables instead. Getting organised pre-diet will help you stay on track.

4 CUT OUT ALCOHOL

If a slimmer tum is on your wish list, boozy nights are out. Alcohol is packed with empty calories that will inevitably blow your diet... so keep that bottle of vino out of sight!

5 MAKE SURE YOU EAT ENOUGH

Since this plan incorporates a fitness routine it's important not to deprive your body of important nutrients. Before each workout, have a small snack such as a banana; post-workout, drink a protein shake of your choice to help repair your muscles and keep your metabolism raised.



When it comes to fitness inspiration, athletes are high up on our list of healthy living idols. They put themselves through incredibly tough training and have amazing stamina and strength (and killer limbs) to show for it.

But a healthier body isn't just limited to athletes; with the right training you too can hone a better body – and if you factor in a smart eating plan you'll soon have a body to rival that of Keri-Anne Payne!

To get you looking as good as an Olympian in a two-piece, we've put together a seven-day beat-the-bloat diet for a tummy that's nothing but flat, flat, flat in time for summer. The diet is packed with tummy-loving fruits and veg, lean protein, complex carbs and good fats – and, when combined with our exercise plan on p68, you can expect a slimmer waistline in just one week, along with more energy and improved concentration. Simply follow the rules (left), invest in our smart buys, and get stuck in to look fabulous in just one week.

THE PLAN

DAY 1

BREAKFAST

BLUEBERRY PARFAIT

Layer 1 small pot of natural Greek yoghurt in a tall glass or empty jam jar with 50g low-sugar granola and top with 2tbsp blueberries.

MORNING SNACK

CARROT STICKS WITH RED PEPPER DIP

Cut 1 large carrot into crudités. To make the dip, roast half a red pepper and then peel off the skin. Purée the flesh with 1tbsp cream cheese and some chopped basil.

LUNCH

CHEESE ON TOAST

Cut 70g mozzarella cheese into small pieces and place on 2 slices of wholemeal bread with

2 cherry tomatoes, sliced, and a generous scattering of spinach. Grill until golden, and season with pepper.

AFTERNOON SNACK

2 figs and 4 Brazil nuts

DINNER

HEALTHY BUBBLE AND SQUEAK

Peel, steam and mash 1 sweet potato and place in a bowl with 4 steamed Brussels sprouts, finely chopped, and 1 onion, sliced and sautéed. Pour in a beaten egg and combine the ingredients. Place in a frying pan with 1 tsp coconut oil and flatten the ingredients so that the mixture covers the base of the pan. Once one side is cooked, turn it over and cook on the other side. Serve with a green salad.

DAY 2

BREAKFAST

SUNSHINE SMOOTHIE

Blend 250ml coconut milk with 1 small banana, ½ small mango, 1tsp nut butter and 2tbsp mixed seeds.

MORNING SNACK

1 apple, 1tbsp nut butter.

LUNCH

MUSHROOM AND COURGETTE FRITTATA

Beat 2 eggs in a bowl. Add in 50g Cheddar cheese, 1 courgette, grated, 2 chestnut mushrooms, sliced, and 1 onion, chopped. Pour the mixture into a frying pan and cook until the base is set. Then place the frittata under a grill

and cook until golden. Serve with a green salad.

AFTERNOON SNACK

100g plain popcorn.

DINNER

SWEET AND SOUR PRAWNS, BROWN RICE

Fry 100g prawns with 1 onion, sliced, and 1 garlic clove, chopped. Add 1 red pepper, sliced, 1 carrot, sliced, and 50g mange tout. To make the sauce, mix 1tsp soya sauce, 1tsp white wine vinegar, 1tbsp puréed mango and 1tsp sweet chilli sauce. Pour the sauce over the prawns and add 50g pineapple chunks. Cook 50g brown rice and serve with the sweet and sour prawns.

DAY 3

BREAKFAST

MUESLI WITH MILK

Serve 50g sugar-free muesli with 70ml semi-skimmed milk.

MORNING SNACK

2 wholegrain rice cakes topped with 2tbsp cream cheese and unlimited sliced cucumber.

LUNCH

RAINBOW STIR-FRY

Cut 1 chicken breast into strips and pan-fry in a wok with 1 onion and 1 green pepper, sliced, 1 carrot cut into matchsticks and 50g baby sweetcorn. Stir in 1tbsp tomato purée and 1tbsp soya sauce. Serve with unlimited courgette ribbons.

AFTERNOON SNACK

1 nectarine and 4 macadamia nuts.

DINNER

VEGGIELICIOUS QUINOA RISOTTO

Sauté 1 onion, chopped, and 1 garlic clove, finely chopped. Add 50g quinoa and gradually add ladles of vegetable stock until cooked. At the end, stir in 2tbsp garden peas, 1 handful of spinach and 3 cherry tomatoes, chopped. Season with black pepper and fresh parsley, and serve with a green salad.



DAY 4

BREAKFAST

BOILED EGGS

Softly boil 2 eggs, serve with 1 slice wholemeal bread, toasted.

MORNING SNACK

50g red grapes with 4 almonds.

LUNCH

FETA AND RED GRAPE WHOLEMEAL WRAP

Combine 50g feta cheese with 2tbsp walnuts, 1 celery stick, chopped, 4 red grapes, sliced, a handful of spinach and 1tbsp crème fraîche. Spoon on to a wholemeal wrap, roll and serve.

AFTERNOON SNACK

2 oatcakes with 2tbsp houmous.

DINNER

TASTY KEDGEREE

Poach 1 cod fillet in 80ml milk. Once cooked, flake the fish. Sauté 1 onion with ½tsp curry powder and ½tsp paprika. Add 50g brown rice, 150ml chicken stock and 50ml semi-skimmed milk, and simmer until the rice is cooked. Add 2tbsp garden peas, the flaked fish and ½ boiled egg, roughly chopped.

DAY 5

BREAKFAST CINNAMON-SPICED TOFU SCRAMBLE

Crumble 100g tofu and add to a saucepan with a pinch of cinnamon. Cook until the tofu is slightly browned. Serve with 4 grilled cherry tomatoes and unlimited steamed spinach.

MORNING SNACK
2 wholemeal crackers, 2 slices Cheddar cheese and 2 cherry tomatoes.

**LUNCH
CORONATION CHICKEN PITTA**
Combine 1tbsp crème fraîche with 1tbsp mango, chopped, ½tsp curry powder and 1tbsp sultanas. Stir in 1 cooked chicken

breast fillet, sliced. Spoon the mixture into a wholemeal pitta and top with a handful of rocket.

AFTERNOON SNACK
1 avocado with 2tbsp mixed seeds.

**DINNER
SALMON AND VEGGIE PASTA BAKE**
Cook 50g pasta

(wholemeal) and combine with a small can of salmon and ½ can of chopped tomatoes. Add unlimited steamed broccoli, ½ yellow pepper, chopped, and place in an ovenproof dish. Top with 20g grated Parmesan and place under the grill until melted. Serve with a green salad.



DAY 6

BREAKFAST POACHED EGGS ON TOAST

Poach 2 eggs and serve on 1 slice wholemeal toast.

MORNING SNACK
1 banana with 1tbsp nut butter.

**LUNCH
TURKEY, CHEESE AND ROCKET WRAP**
Fill 1 wholemeal wrap with 80g cooked turkey breast slices, a handful of rocket, 1 slice of cheese, unlimited cucumber and

1tsp crème fraîche.

AFTERNOON SNACK

1 small pot of Greek yoghurt and 2tbsp mixed seeds.

**DINNER
COURGETTI BOLOGNESE**
Sauté 100g beef mince with 1 onion, chopped, 1 garlic clove, crushed, and ½ jar of fresh Bolognese sauce. Add a handful of spinach and serve with 1 courgette cut into ribbons.

DAY 7

BREAKFAST GLUTEN-FREE PANCAKES

Mash 1 small banana and combine with 2 egg whites, 1tsp nut butter and a pinch of nutmeg and cinnamon. Ladle the batter into a saucepan and cook on both sides. Top

with 2tbsp crème fraîche and 2tbsp raspberries.

MORNING SNACK
1 pear with 4 macadamia nuts.

**LUNCH
MACKEREL SALAD**
Flake 1 smoked mackerel fillet and place in a bowl with ½ bag of mixed

salad leaves, 4 cherry tomatoes, unlimited cucumber, 1 beetroot, sliced, 1 large carrot, grated, and 1tbsp pumpkin seeds.

AFTERNOON SNACK
1 raw pepper cut into sticks and served with 2tbsp tzatziki.

DINNER LAMB MEATBALLS WITH COURGETTE RIBBONS

Cook 3 lamb meatballs with 1 onion, chopped, and 1 garlic clove, crushed, ½ can chopped tomatoes and a couple of sprigs of rosemary. Serve with 1 large courgette cut into ribbons.

3 DIET MUST-HAVES

Smart buys can keep you on track. Here are our faves:

1 EMSA HERB POT WITH BELL JAR

Herbs are a fab way to add flavour to healthy dishes, so limber up those green fingers and grow your own with this handy herb pot. **£19.95, cuckooland.com**

2 SMALL MASON GLASS STORAGE JAR

This jar is ideal for storing dried goods and also doubles up as a lunchbox. Layer up salad ingredients and eat on the go! **£5.95, dotcomgiftshop.com**

3 HAPPY VEGGIES WATER BOTTLE WITH CUP

This cute water bottle includes a mini drinking cup so you can sip stylishly on the go. **£6.50, paperchase.co.uk**



1



2



3

SWIM STRONGER

(no water required!)

Boost your swim in the gym with our
eight-step water-free workout



Whether you're training for a triathlon or just looking to improve your power in the pool, it's not only actual swim practice that'll help you get there.

Doing a complementary workout outside of the pool could seriously boost speed, strength and endurance when it comes to getting your swim on. Plus, it could help to prevent any niggles or injuries keeping you out of the water. 'Building strength, flexibility, endurance and muscle power is the key to helping a swimmer become fast and efficient, and remain injury-free,' says Marsha el-Hage, swim coach for Human Race (humanrace.co.uk/swimming). 'Gym-based training should be an essential part of any swimmer's training.'

HOW TO DO IT

Follow the routine, performing the allocated number of sets and reps for each move before moving on to the next one.

PRESS-UP

Areas trained: **CHEST, TRICEPS, CORE**

MARSHA SAYS:

'The upper body muscles provide the strength that enables the pull part of the stroke to be strong, fast and efficient'

Technique

- Start in a plank position, resting on your hands.
- Bend your arms and lower your chest to

the floor. Make sure you keeping your body in a straight line throughout.

- Push back up to the start and repeat.

BEGINNER: 3 x 5 reps

INTERMEDIATE:

3 x 10 reps

ADVANCED: 3 x 15 reps

Rest for 60 seconds between sets

SAFETY TIP

Don't let your hips drop lower than the rest of your body throughout



HOT TIP

If this is too easy, straighten your legs out in front of you



TRICEP DIP

Areas trained: **TRICEPS, SHOULDERS**

MARSHA SAYS:

'Triceps aid in stroke speed, propulsion under the water and the exit part of the stroke'

your arms.

- Make sure your back is close to the bench and repeat.

BEGINNER:

3 x 10 reps

INTERMEDIATE:

3 x 15 reps

ADVANCED:

3 x 20 reps

Technique

- Sitting on a bench, place your hands either side of you and lower yourself down almost to the floor.
- Push up to extend

Rest for 60 seconds between sets

STABILITY BALL SIDE CRUNCH

Areas trained: **STOMACH, SIDES**

MARSHA SAYS:

'Strengthening the core muscles helps you maintain form during your swim'

your feet are braced against the bottom of a wall.

- Place both your hands behind your head and lift up.

Then lower back down slowly.

- Repeat allotted reps on the other side to complete a set.

BEGINNER:

15 reps per side

INTERMEDIATE:

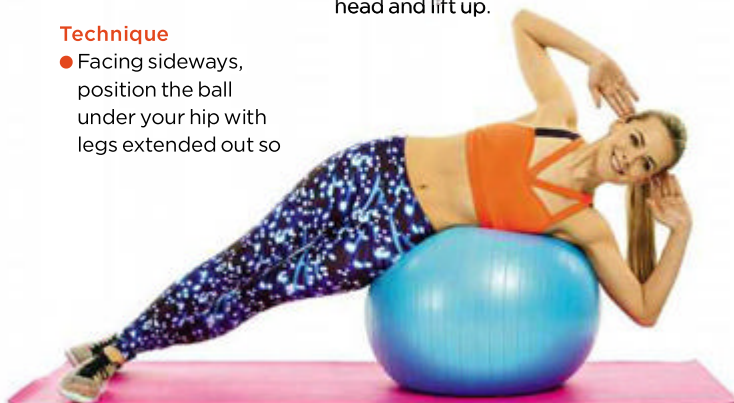
2 x 15 reps per side (Rest for 60 seconds between sets)

ADVANCED: 3 x 15

reps per side (Rest for 60 seconds between sets)

Technique

- Facing sideways, position the ball under your hip with legs extended out so



SHOULDER RAISE

Areas trained: **SHOULDERS, TRICEPS, BACK**

MARSHA SAYS:

'Stronger upper body muscles will prevent injury and help you keep good technique for longer'

Technique

- Hold a dumbbell in each hand.
- Raise your arms out to the side, palms facing down, to around shoulder height. Then lower slowly.

- For the next rep, raise your arms directly in front of you, with your palms facing down. Then lower your arms slowly to the starting position.

BEGINNER:

2 x 12-15 reps

INTERMEDIATE:

3 x 12-15 reps

ADVANCED:

3 x 21-24 reps

Rest for 60 seconds between sets

SAFETY TIP

Use a weight heavy enough to challenge you, but not too heavy that you engage your back



BARBELL SQUAT

Areas trained: **QUADS, BOTTOM, CALVES**

MARSHA SAYS:

'This exercise is designed to boost the power required for the dive start as well as the push-off from the wall'

Technique

- Stand, holding a barbell across your shoulders.
- Squat down, bending at your knees and hips.
- Lower down into a squat position.
- Push through your heels to return to a standing position and repeat the movement.

BEGINNER:

3-5 x 5 reps

INTERMEDIATE:

4 x 5 reps

ADVANCED:

5 x 5 reps

Rest for

60 seconds

between sets

SAFETY TIP

Keep your chest up and shoulders back throughout, looking straight in front of you



SAFETY TIP

Keep your shoulders from hunching by pushing them away from your ears



PLANK

Areas trained: **CORE, LOWER BACK, QUADS**

MARSHA SAYS:

'This exercise works all of the core muscles that give your swim stroke strength, power and stability – and ultimately make you faster'

Technique

- Kneel on the ground and rest on your

forearms, palms flat on the ground. Your arms should be bent to 90 degrees. Bring your legs straight out behind you and rest on your toes. Look ahead and squeeze your stomach muscles.

- Hold the position and breathe.

BEGINNER:

2 x 30 secs

INTERMEDIATE:

2 x 90 secs

ADVANCED:

2 x 90 secs

Rest for 30 seconds between sets

RUSSIAN TWIST

Areas trained: **SIDES, STOMACH, LOWER BACK**

MARSHA SAYS:

'This strengthens the torso and boosts flexibility, which will enable you to rotate strongly through the water, causing less drag'

Technique

- Sit on the ground, holding a medicine ball

with your arms extended straight out in front of you.

- Bending your knees, and leaning slightly backwards, create a V-shape between your torso and your knees.
- Keeping your back straight, rotate to your left,

then your right. This should be a slow, controlled motion.

BEGINNER:

2 x 30 secs

INTERMEDIATE:

3 x 30 secs

ADVANCED:

4 x 30 secs

Rest for 30 seconds between sets

SAFETY TIP

Place your feet on the floor if you feel strain in your lower back



SAFETY TIP

Keep your legs straight throughout



FLUTTER KICK

Areas trained: **LOWER BACK, HIPS**

MARSHA SAYS:

'This engages the muscle groups in the legs that aid the kick, and strengthens the lower back and core to keep the body aligned'

Technique

- Lying on your back, place your hands under

your bottom for support.

- Lift your head and shoulders off the ground and look at your feet.
- Lift your legs 30cm off the ground, pointing your toes, and kick your legs in small flutter-like movements.

BEGINNER:

2 x 30 secs

INTERMEDIATE:

2 x 60 secs

ADVANCED:

2 x 90 secs

Rest for 30 seconds between sets

WF loves swimming

● Swimsuit, £40, Pour Moi



YOU'RE THE ONE

*Embrace the return of the one-piece with these
fashion-forward takes on a summer classic*

WF loves swimming





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Princesse
Tam Tam

This page
● Swimsuit,
£181,
We Are
Handsome

Opposite page
● Swimsuit,
£59.99, Volcom

This page
● Swimsuit, £166,
We Are Handsome





STOCKISTS

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Features



81 Fitness heroine // 82 Fit to strip

HOT STUFF

This month we catch up with Barry's Bootcamp instructor Anya Lahiri to talk sweating it out in style at the celeb-packed studios. Plus, Dean Hodgkin investigates the intriguing trend for getting buff in the buff! Fancy yoga in the nuddle or a bootcamp in your birthday suit? Yeah, we weren't so sure either! But turn to page 82 to find out why shedding the lycra could boost your workouts.



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Barry's Bootcamp's Anya talks famous fans and fitness idols...

TWEET
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Bootcamp queen

GET INVOLVED

For more information on Barry's Bootcamp, and to book your place, visit barrysbootcamp.com

happier and make changes that ultimately make their lives better.

What's the hardest part?

Giving 100 per cent all the time. However my day or week is going when I am in that room, I have to deliver. When I first started it felt like a bit of a thankless task, as people look at you like they hate you when you are trying to get them to run up a 15 per cent incline. I have now realised it isn't personal and that they will thank you afterwards!


What motivates you to get up, get out and do a workout?

The fact that I am surrounded by like-minded people. Whenever I don't feel like exercising there is someone encouraging me to get on the treadmill. I always recommend trying to find a fitness community – it really helps to keep you motivated.

Who's your fitness idol?

A personal idol has to be my first female Barry's trainer in LA, Astrid Swan McGuire. She has been a bit of a mentor for me and is one of the major reasons I fell in love with Barry's.

What are your fitness goals?

The main one this year has to be smashing my 10K time. I ran it in 41 minutes last year. I think sub-40 would be amazing. I also want to try something new, like aerial skills. I find it incredible to see the strength and flexibility of the dancers. It would be completely out of my comfort zone, but that's half the fun. 

'Fitness changed the way I treated my body!'

WF speaks to 'Queen of the Treads' Anya Lahiri about celeb-fave and ultimate workout spot Barry's Bootcamp

Ex-model and actress Anya Lahiri discovered Barry's Bootcamp while working in LA, and sought to bring it to her home turf in the UK. She tells us about her inspirational journey from fad-diet cardio queen to fitness goddess...

What makes Barry's such a great workout?

The combination of high-intensity cardio intervals and weighted resistance work makes Barry's incredibly effective at boosting fitness and producing physical results in terms of fat loss and muscle gain. Every day we focus on a different body part so you never fatigue a muscle group and no class is ever the same – the sessions are designed to continually shock your body. It's also really fun – a nightclub setting and pumping soundtrack means the hour flies by.

There are lots of famous fans...

Yes, we have a loyal following of celebrities at Barry's. We already had lots of American fans such as Kim Kardashian, Adrian Grenier and Jessica Alba. In the UK Ellie Goulding and Jools Oliver are big fans. No one bats an eyelid at a famous face now as everyone is used to it, though the Beckhams did cause a bit of a stir.

How did you get into fitness?

From the age of 16 I worked in industries that promoted being skinny – modelling, music and acting. I spent years on stupid diets trying to lose weight quickly for shoots. Fitness was a revelation for me; it changed the way I treated my body and my physical ideals. But it was discovering Barry's in 2006 that got me hooked. I helped move Barry's to London when it opened a couple of years

ago. I am now a Master Trainer and help to train up talent at our London location.

Have you always been sporty?

I have always been active, but more in terms of being outdoors. I love horse riding and tend to walk everywhere. I went to school in London where the physical education wasn't very inspiring. For me, LA was a game-changer in terms of fitness. You have the beach and the mountains within an hour of each other and every street corner has a different fitness concept – it was heaven!

What's the best part of the job?

Without a doubt, seeing clients' results – not just in terms of physical fitness but also the confidence that exercise gives people. It is immensely satisfying to see them run faster, feel

Fast talk

Fave workout tune?

Anything by The Prodigy.

Fave healthy snack?

Avocados – I could eat them with every meal!

Three desert-island essentials?

My dog Crusoe, my cat Boris and a book I can read over and over again like *Shantaram*. I should say something to do with exercise, but Crusoe is the best personal trainer on the planet.





GET BUFF... *in the buff!*

Leave your trusty leggings at home! Daring to bare could work wonders for your workouts – and your self-confidence – says Dean Hodgkin

During my time at university, I spent a summer at a sport camp in the US coaching kids.

My room-mate at the time was good looking, was brilliant at every sport, had a singing voice to make angels weep and was just an annoyingly nice person. But what I really envied most about him was his T-shirt that said, 'Stanford University, Co-Ed Naked Lacrosse – Rough, Tough and in the Buff!'

I had a strong feeling it didn't really exist, but I couldn't help thinking it sounded like a lot of fun. What's the problem? After all, the original Olympic Games of Ancient Greece saw athletes competing nude, and the word 'gymnasium' is actually derived from the Latin for 'to train naked'.

Fast-forward to today and we find that, although working out hasn't quite become Eric Prydz's vision (remember the 2004 hit *Call On Me?*), burlesque

and pole-dancing classes, with optional raunchy attire, are now commonplace on gym timetables worldwide. But exercising totally naked still isn't on the menu... or is it?

The naked truth

As you might expect of us reserved Brits, we're a little behind the curve when it comes to embracing the growing global trend of clothes-free sport and fitness activities. The Australians are skinny-dipping in Sydney Harbour, the Danes are



NUDE
BEACH

SHOWERS

hitting CrossFit for naked workouts, New Zealanders play nude rugby, Germans go naked sledding and in the US many are choosing to spend their downtime on 'nakation' – a nude activity holiday. In Spain's Basque region, when the economic downturn led to dwindling membership numbers, Easy Gym offered naked sessions – albeit in an area that already boasts 12 naturist beaches and an annual nude running race.

Stripped back

But what is the appeal of doing a bootcamp in your birthday suit? The most important thing is that it has nothing at all to do with sex.

Rather, advocates report a sense of stripping back modern-day materialism

and accepting your true self. 'Most women have lumps, bumps and stretch marks, and being naked together among like-minded people helps you realise we're all the same underneath,' says Sam Hawcroft, editor of *H&E Naturist*. 'Being naked can do wonders for body image and learning to love the skin you're in.'

The more spiritual practitioners refer to an opportunity to remove the shackles that divide us and celebrate what unites us. 'We can experience deep relief in simply "being who we are", with no need to pretend, nor feel the pressure to be who we think we should be,' says Annette, yoga teacher at Naked Yoga London. And it can be a catalyst for harmony: it's quite difficult to be a total arse when, well, everyone can actually see your arse!

From a physiological

point of view, shedding the layers can make your workout more effective. 'The natural feeling of your skin against the air creates a sense of freedom that is really motivational during exercise,' says Paul Bates of NKD Training (nkdtraining.co.uk). 'I feel more in tune with my body, and that gives me a better workout. There's also a very real benefit to being able to see your muscles contract while doing specific exercises. Even isolation exercises use stabilising muscles, and it's really nice to see them engaged.'

Rumour has it both Lady Gaga and Matthew McConaughey are fans of naked yoga and, judging by her music videos and his aftershave ads, it's clearly done wonders for them. So, up for feeling the freedom next time you exercise? Check out these safe havens and get involved!

▶▶▶▶ GO, BE NAKED! ▶▶▶▶

YOGA

Altogether Yoga offers classes in London and Brighton (altogetheryoga.com), or you can try a four-week course at Naked Yoga London (nakedyogalondon.co.uk). It's a great way to meet like-minded people, too!

GROUP CLASSES

Visit NKD Training in Chiswick, London, for some group sessions. But, if you turn up without footwear, the health and safety police

will be after you (nkdtraining.co.uk).

PERSONAL TRAINING

Leave your gym kit at home for Barnsley-based personal trainer Colin Dobson's sessions (dobsonfitness.com).

SWIMMING

Feel the flow at one of the many pools all over the country offering naked sessions (henaturist.net/swim-guide).

RUNNING

Shedding the weight of your clothes might lead to

a new personal best in the 5K in the Kent woodland (naturistfoundation.org).

CYCLING

You've missed the London Naked Bike Ride this year, but watch out for details of next year's date. The event starts at different times in six locations around the capital, including Hyde Park and Tower Hill. Top tip: invest in a super-comfy gel seat cover for a smoother ride! Visit WNBR Facebook page for information.

'Don't waste time worrying about what others think of your shape. Use this energy to achieve your goals'

HOME ALONE

If the thought of strangers' bodies and ogling eyes is too much, fear not. There are a number of options that will allow you to give it a try in the safety of your own home. Here are our fave ways to get sweaty, svelte and sexy without a Nike swoosh or Adidas stripe in sight.

- ❑ **YouTube** Search PureNudeYoga and BodyRock for fab how-to videos.
- ❑ **Download** Visit starknation.com and nakedyogaschool.com for how-to videos.
- ❑ **DVD** *Yoga Undressed* The Goddess series, four parts including a partner yoga routine; Look Great Naked series, featuring three workouts for abs, bum and legs.
- ❑ **Book** *Naked Fitness* by Andrea Metcalf helps you design the perfect routine for your body.

PRIME TIME

If you're still feeling scared to bare, boost your body-confidence with these pampering must-haves

Tackle water retention and cellulite on the belly, hips and thighs with a powerful detoxifying blend of sea-buckthorn, fennel, lemon and juniper.

- ❑ **Elemis Cellutox Active Body Oil, £34, elemis.co.uk**

Rediscover youthful freshness, improved skin tone and radiance.

- ❑ **Clarins Double Serum, £55, clarins.co.uk**

This foot cream contains Dead Sea water and coconut and palm kernel oils to leave your soles moisturised.

- ❑ **SpaFind Foot Cream, £19.35, spafindskincare.com**

Wind and sun can strip lips of moisture - fix them with a replenishing balm.

- ❑ **Carmex Lip Balm, £3.83, boots.com**

Smooth over your skin from head to toe.

- ❑ **Decleor Systeme Corps Nourishing Body Milk, £35, decleor.co.uk**

Make your nails a focal point with a statement colour.

- ❑ **OPI Ragdale Ruby, £11.95, opiuk.com**

With a head of silky, glossy hair, who's going to be looking at anything else?

- ❑ **Dr Organic Moroccan Argan Oil Hair Serum, £14.99, hollandandbarrett.com**

LOVE YOUR SKIN

Zoe McNulty, star of Comic Relief 2015 and founder of Raunch dance fitness classes, shares her body-confidence tips

- ❑ **Don't waste time** worrying about what others think of your size and shape as you could be using this energy and emotions to achieve your goals. Be productive.
- ❑ **You are unique, you were created with a purpose and you are invaluable to many people.** How fulfilling and empowering does that feel?
- ❑ **Exercise is a vital tool** as long as you steer clear of the obsession with perfection and instead focus on the feel-good factor that results from being active. Enjoy your body at work.
- ❑ **Forget your inhibitions,** avoid hiding behind embarrassment and put yourself out there. You'll instantly notice a difference and your confidence will grow!
- ❑ **I entered Miss Galaxy Universe** when I was around a size 16 - not the slimmest, prettiest nor youngest contestant, but I believed in myself. And I won! 🏆



HEALTH

86 Can you catch good health? // 90 Libido lifters



PAIN? WHAT PAIN?

New research has revealed that women could be the stronger sex when it comes to coping with pain and discomfort. The study by Mentholatum, which surveyed 2,000 adults, found that this could be because women are more proactive when it comes to dealing with pain and better at understanding that mood can affect their ability to manage it. Seventy six per cent of women say that lack of sleep is an important factor, compared with just 57 per cent of men. So, next time he's complaining about his poor aching muscles, tell him to go have snooze. Relief for him, relief for you.

Friends with benefits

Mix in the right circles and you're more likely to stay out of trouble. We find out how positive peer pressure can help you reach your goals

A quick scroll through your Instagram feed will prove just how influential our friends can be when it comes to our fitness choices – after all, there is nothing like a pal's gym selfie or healthy dinner hashtag to inspire you.

Now research has confirmed the extent of the impact our friends and family have on our fitness levels. According to recent findings from the American Heart Association, a strong social network of friends and family can result in faster and more effective weight loss. The research found that dieters who lost weight collectively with friends and family lost more weight and were more likely to achieve permanent results. Perhaps this is not surprising, given the success of community-based weight loss groups such as Weight Watchers and Slimming World. More recently, apps such as MyFitnessPal have come into their own, allowing users to track what they eat and share their food diaries with friends. According to the app's developers, those who share their daily calorie count with friends lose, on average, twice the weight of those who keep their stats private. What's more, the more friends you share with, the more successful your weight loss is likely to be: those with 10 or more friends lose up to four times more weight than the average user.

COPY THAT

Let's face it, it's human nature to want to emulate others' successes. But some studies have gone one step further, stating that the healthiest people belong to a tribe

of like-minded, fitness-focused peers. A study published in the *New England Journal of Medicine* showed that positive health changes are infectious: if a friend stops smoking we're 37 per cent more likely to stub out too, and if a friend joins the gym, the chances are you're more likely to follow suit.

In fact, the people you socialise with can influence every aspect of your health – right down to your risk of illness and even your life expectancy. 'Over time, we become the sum of the five people we spend the most amount of time with,' explains personal trainer Scott Laidler (scottlaidler.com). 'If your partner or friends exercise regularly and eat well, you'll learn the principles through osmosis and find yourself improving your own habits.'

PACK MENTALITY

But it's not just good habits that are contagious – bad habits are, too. Researchers at Harvard University found that if one of your friends becomes obese, your risk of becoming overweight soars by a whopping 57 per cent. Similarly, if your friends smoke and drink a lot, you're more likely to adopt the same destructive habits. It's all thanks to what scientists call 'the flock effect'.

Simon Moyes, a consultant orthopaedic surgeon at The Wellington Hospital (thewellingtonhospital.com) who specialises in sports injuries and injuries caused by an active lifestyle, especially with problems of the shoulder, knee, foot and ankle, explains, 'It's natural for us to adopt habits and lifestyles from

'But it's not just good habits that are contagious – bad habits are, too'

friends and people we spend time with, regardless of whether these are healthy or unhealthy habits. As a result it's better for our health and easier for us to become healthier and fitter if our friends have the same aspirations as us, and are also health-conscious.' He adds that the benefits of working out as a team cannot be underplayed. 'Of course it is easier to lose weight and get fitter if you are active with friends or family. Not only are you more likely to actually do the exercise in the first place – whether that's going to the gym, doing an exercise class or going for a run – but you will be more motivated *during* exercise if you are working out with others. Working as a team rather than by yourself fuels energy and motivation. Many people can feel self-conscious when exercising alone in the gym – especially women, as some gyms are dominated by men and this





‘According to recent research, a strong social network of friends and family can result in faster and more effective weight loss’

3 SOCIAL NETWORKS FOR SOME FITSPIRATION

Share your health and fitness goals with friends on these fab sites



FITOCRACY

With free iOS and Android apps, this site caters to those with a competitive streak. You get points for each workout and are even awarded badges when you reach milestones. Other features allow you to sign up for challenges with friends and chat to community members.

fitocracy.com



DAILY MILE

Similar to Twitter in design, Daily Mile lets you track and publicly share your fitness goals. Whether you've completed a 5K or beat your PB during a training session, you can brag about it on Daily Mile, which also links directly to your Facebook page.

dailymile.com



TRAINEO

The USP of this weight-loss site is that it lets you choose up to four friends or 'motivators' who receive email updates on your progress. They then send you feedback and encouragement to keep you on track.

traineo.com

can feel intimidating. Therefore working out with friends and family helps to boost confidence and motivation.'

PICK 'EM CAREFULLY

The upshot is, if you want to keep your healthy habits on track, seek out positive influencers in your life. 'It's important to surround yourself with active go-getters and people who will support you in your chosen lifestyle,' says Simon. 'You are likely to be more active yourself, be more motivated and be more competitive if you socialise with those who are similar. Being healthy and prioritising an active lifestyle requires restraint and self-motivation, and engaging with people who don't prioritise these things can tempt you into doing the same.'

That's not to say you have to ditch your couch potato friends – if your real-life friends are not giving you the support, motivation and

encouragement you need, there are plenty of online communities where you have access to a host of like-minded friends. 'Online communities can be a great source of help for building a healthy lifestyle,' says Scott. 'Even the most well meaning family members and friends have certain expectations of us; we fit an established description to them and that's how they have always known us, and this can lead to subtle, even accidental discouragement. The benefit of an online community is that you can state your purpose and create a new identity for yourself, where you can be honest and not feel the need to live up to anyone else's idea of who you should be. This can be a very liberating and motivational experience, so it's not surprising that so many people are using online fitness communities to help them lose weight.'

Pierre Meyer, a personal trainer at Nordic Balance (nordicbalance.co.uk), knows



'If someone close to you is doing something, it's likely you will also want to do it yourself'

only too well the positive influence people can have on your fitness. He started the company with his partner Joanne, also a personal trainer, so knows first-hand how a fitness-minded partner can keep you on track. 'Exercising together has a knock-on effect – if someone close to you is doing something, it's likely you will also want to do it yourself,' says Pierre. As well as working out with his partner, Pierre is a fierce advocate of team fitness. 'I recently took part in the Coast to Coast bike ride with three friends. We trained together for the challenge, and it was a great excuse to spend time with my friends and do something different, while getting fit at the same time.'

TAKE THE LEAD

So how can you become the inspiring change your friendship group needs? Pierre has this advice: 'You have to be able to work at it and put in the effort. Many people won't have clear goals for what they want to achieve in their training, and what they want can vary. If you want to inspire someone, you need to give them a goal and do a bit of homework.'

A good place to start is signing up for a sporting event or challenge, then roping in your friends. 'With the Coast to Coast cycle ride, one of my friends suggested it, which inspired us all to take on the challenge,' says Pierre. 'We then began researching and put in the effort to train. Some people just need small, simple goals. By offering someone a range of options, making it as simple as possible and setting an achievable timescale, such as running a marathon in six months' time, it is much more likely they will feel motivated to take part.'

WORKOUT WIVES

Celebs and their fitness BFFs



NAOMI WATTS AND REESE WITHERSPOON

Reese knows that the best workout accessory is an encouraging friend, so she often grabs Naomi before hitting the yoga studio.



NICOLE RICHIE AND CAMERON DIAZ

Now that they are officially sisters-in-law, these two love nothing more than taking their dogs for a hike together in the Hollywood hills.



NIKKI REED AND JULIANNE HOUGH

When it comes to pounding the pavement, there is nothing like having a friend to spur you on, as these running buddies know.



MANDY MOORE AND MINKA KELLY

These best friends recently fought it out in the boxing ring, with Mandy playfully captioning an Instagram picture of the workout: 'We pack a mean punch. Well actually @minkak does and I'm just trying to copy her bad-ass-ness.'



KHLOÉ AND KOURTNEY KARDASHIAN

These sisters do everything together – including working out. Recently they tried aerial aerobics. 'Kourt and I tried some aerial workouts today! A first for us! #getitright #GetItTight,' Khloé wrote on Instagram.





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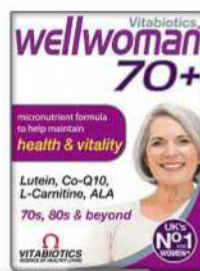
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Max



Drink

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Ask the expert

Got a niggling health dilemma? Let our expert put your mind at ease

'I FEEL LIKE MY SEX DRIVE HAS GONE. WHAT CAN I DO TO GET IT BACK?'



Nutritionist, author and TV health expert Amanda Hamilton reveals her top tips for boosting your libido

'Is it you or is it who you are with that's the issue?'



Food and sex have always been good bedfellows. From saucy 9½ Weeks-style scenes to sharing tea and toast on a Sunday morning, food can enhance intimacy.

Nutritional advice often centres on aphrodisiacs. An aphrodisiac is

an agent that is said to arouse or increase sexual desire. Oysters are probably our best-known aphrodisiac. Is it the hands-on eating style or the expense and sense of indulgence? The fact that they are one of nature's best sources of zinc, the ultimate

fertility nutrient, gives them the nod from a nutrition point of view. Over in India, a plate of a fresh figs or dates at the end of a romantic meal may well be served with a smirk and a wink-wink nudge-nudge, such is the cultural buy-in to the aphrodisiac nature of these nutrient-rich, energy-dense foods. Both worthy of a trial run.

Before you go all-out on the indulgent meal, remember that nothing dulls the libido more than feeling bloated or drunk, so keep both food and drink light if you want to get in the mood. No need to be teetotal though: one study carried out in Tuscany found that women who drank a glass or two of red wine a day reported higher levels of sexual desire than both non-drinkers and those who drank more than two glasses.

There has generally been very little research into how diet affects women's libido. However, one Italian study published in *Nature* journal, showed that a Mediterranean-style diet could improve sexual function. The successful participants increased their intake of foods such as fruit and veg, nuts, beans, pulses and olive oil. So, the first notch on the bedpost should go to a simple, well balanced and healthy diet.

You also need to understand the reason behind the symptom. Being overwhelmed by life or just plain exhausted are common factors. And of course, as you get older the onset of menopausal symptoms can play a role.

Cutting down on alcohol and stimulants such as caffeine can

3 WF'S TOP LIBIDO-BOOSTERS

1 Inner Me Daily 4 Health and Energy Strips

A holistic approach is often key, and these strips do the trick.

● £30, Holland & Barrett



2 M&S Lavender and Chamomile Oil

Stress can be one of the main issues when it comes to libido. Take time to relax by adding a little lavender oil to your bath or bedsheets.

● £3, mands.com



3 Holland & Barrett High Strength Zinc Tablets

Zinc (found in oysters) is thought to help boost your sex drive.

● £5.19, Holland & Barrett



ease hot flushes, but episodes can be brought on by stress too. Gentle exercise such as yoga may help you overcome insidious fatigue, as well as helping with your sleep patterns – both of which can boost between-the-sheets activity. Overall, a diet that is rich in vitamins, minerals and essential fats will help your body to cope with any hormonal changes, as well as helping bolster your natural libido.

When it comes to supplements, take a holistic approach. InnerMe Daily includes high-potency oils and key nutrients, including vitamin D3, to offer the best bedroom benefits.

Lastly, don't forget to ask yourself the biggest question of all: is it you or is it who you are with that's the issue?

Let's get it on (your menu)

Improve your sex drive with...

1 OYSTERS

These babies are the classic aphrodisiac.



2 FIGS

A traditional Ayurvedic libido booster in India.



3 RED WINE

Yup, really! Pass that bottle.



FOR MORE GREAT HEALTH AND NUTRITION TIPS, VISIT WOMENSFITNESS.CO.UK

BEAUTY

92 Summer scents // 94 Treatments tried and tested! // 95 New-season must-buys

PEARLY QUEEN

You're going on a date and you go all-out to make the right first impression. Chip-free nails, check. Voluptuous hair, check. Flawless make-up, check. But what will really get you noticed? According to new research, 60 per cent of men would be put off their date if she had yellow teeth. So, smile with more confidence with the Enlighten Duo Care serum paste and toothpaste kit. Dull gnashers, bite me.

● £20, enlighten.smiles.com



Sunshine, bottled

Make sure you smell just as gorgeous as you look when the sun starts to shine! Here's our pick of the hottest summer fragrances

There's nothing quite like smelling scrumptious. Treating the senses to a welcoming aroma is uplifting and makes us feel more confident about ourselves.

Whether you prefer fresh and floral, tangy citrus or spicy aromas with a peppery punch, your chosen scent says a lot about you, so finding the right fragrance to suit your style is key. We've tracked down a scent for every scenario to help you find your perfect match. And...inhale.



The party perfume

Distinguishing your daytime scent from your evening fragrance is essential. When you're off for a night out, you're ready to be bold, yet still dazzlingly feminine. Carolina Herrera 212 VIP Club will have you smelling a treat and ready to dance the night away. Infused with notes of blackcurrant sorbet, jasmine sambac petals and a citrus twist, it's the complete mix of sugar, spice and all things nice. 'Feminine sugar-sweet pastel tones are trending on the catwalk,' says Michelle. 'This is the aromatic equivalent: prominent fruity hints and berry nuances to enchant the senses.'

● £39.50 for 80ml, theperfumeshop.com



Exotic romance

Jean Paul Gaultier Classique Hindi Summer's his 'n' hers fragrances conjure up an Indian romance. 'A fruity twist on the ever popular Classique, this edition is an oriental, floral scent with refreshing notes of rose, jasmine, orange blossom and musk,' says Michelle D'vaz, brand and marketing manager at The Perfume Shop. This is the suitcase must-have for romantic getaways - it screams summer nights!

● £40.50 for 100ml, theperfumeshop.com

Flower power

The Marc Jacobs Daisy Sorbet Limited Edition is a fresh interpretation of the original Marc Jacobs Daisy, and its juicy tropical scent is just the flavour you need for those summer gatherings in the garden. 'This stunning scent combines juicy notes of grapefruit, pear and exotic passion fruit, and a delicate floral infusion of jasmine, lily of the valley and wisteria give it a soft feminine touch,' says Michelle. Like all the other scents from this collection, it's packaged in a pretty awesome, colourful bottle, adorned with the iconic Marc Jacobs daisy.

● £51 for 50ml, theperfumeshop.com



It embodies the soft sway of ocean waves and is the perfect perfume for a sunny day at the beach



Tropical cocktail

If you prefer a delicate scent, Davidoff Cool Water Summer Edition is the fragrance for you. It embodies the soft sway of ocean waves and is the perfect perfume for a sunny day at the beach. 'Enjoy the fruity floral concoction of juicy melon infused with delicate lily of the valley and powerful orris,' says Michelle. 'A delicate, sweet taste of summer that takes you to the Tropics.'

● £34.50 for 100ml, theperfumeshop.com

Sunset scent

For a sweet and sassy fragrance perfect for the holiday season, try Calvin Klein Eternity Summer. Its fruity cocktail of watermelon and pear is mingled with gentle waterlily and pink peony petals to take it to the height of femininity. 'Balanced with creamy sandalwood and sensual musk, this scent is a seductive trail of irresistible warmth,' says Michelle. 'Paired with an elegant maxi dress, this scent can be worn on holiday while watching the sunset or for dinner in your favourite al fresco restaurant.' Delicious.

● £40.50 for 100ml, theperfumeshop.com



Citrus and spice

From the Ferrari Essence Collection, Bright Neroli is a zesty fusion of orange and lemon that comes with a side of Sichuan pepper. A real surge of sophisticated freshness, this perfume hits just the right spot for daytime wear. The fragrance creator, Lucas Sieuzac, says, 'The fragrance top is like a Mediterranean ray of light, while the wild and impertinent petit grain brings a spontaneous, natural touch. The fragrance is an ode to the summer orange blossom from which neroli is extracted.'

● £75 for 100ml, harrods.com



Handbag essential

If you're travelling light or you're stuck for space in that clutch bag, this little bottle will do the trick. The Petitgrain oil from Malin+Goetz comes in a manageable 9ml size and provides light fragrance. 'Complex in its nuances, it's simultaneously fresh, zesty, warm and woody. It's a beautiful fragrance that embodies the great outdoors.'

● £38, malinandgoetz.com



Coming up roses

A bouquet in a bottle, She Who Dares' Eminence offers a host of beautifully floral scents. Its top notes include a blend of rose, peony, forget-me-not and lily of the valley - the perfect stay-put scent for long summer days. She Who Dares founder Rachel Lowe says, 'Women don't always take the time to celebrate their successes. The iconic rose, which features in all our products, is our symbol of recognition for everything the gifted woman has achieved.'

● £45 for 50ml, arnoldjasper.com



Coco locks

Fancy hair that smells as exotic as your skin? Try OGX Coconut Oil Hydrating Mist. The lightweight spray will keep your beach hair soft and shiny, not to mention smelling divine!

● £6.99, tesco.com





Lie back, relax and breathe in the delicious Neom aromas

3 of the best treatments

We cherry pick the hair, face and body treats designed to make life that little bit sweeter

The all-in-one massage

WHAT: Deep Tissue Massage, £145 for 90 minutes

WHERE: Sense Spa, Rosewood Hotel, London, rosewoodhotels.com

THE LOWDOWN: It's tough to find a massage that's the perfect blend of relaxing and remedial, especially in the hustle and bustle of central London, but the Rosewood Hotel has nailed it. The music sets the tone and the beautiful surroundings do the same. But the firm pressure to all the right areas – think tense, tight shoulders, back and hips – made it a massage to remember. Throw in a scalp massage that worked wonders for my headaches and I was simply in heaven.

THE VERDICT:

Stumbling across this gem was a life-saver. One of the most enjoyable massages I've had.
Amanda Khour



The instant slumber fix

WHAT: Neom Sleep Treatment, £75 for 60 minutes

WHERE: Medispa The Park Club, Acton, London, theparkclubmedispa.co.uk

THE LOWDOWN: Everything about this treatment promotes tranquility, from the fragrance filling the room to the calming music playing in the background. The idea is to use a range of gentle massage techniques – shiatsu, Thai and cranio – combined with a blend of blissful scents from the Neom range to relieve stress, encourage relaxation and send you into the perfect slumber. A deep, firm massage isn't what you'll find here, but

you will leave blissfully relaxed.

THE VERDICT:

If stress is keeping you up at night, you have to try this.
Kim Tang



The skin rejuvenator

WHAT: Hot Poultice Massage, from £99 for 85mins

WHERE: Champneys Tring, visit champneys.com to find your nearest resort

THE LOWDOWN: If you're after a complete body revival, this is your answer. The treatment starts with a gentle exfoliation and warming of the feet to help you fully unwind and relax, and is followed by an all-over massage to invigorate you. Heat is the hero element of the treatment – not just from the steamed hot poultice, but also the warm oil and hot towel – which really intensifies the massage. Warm oil was massaged into my skin before the

coconut-filled hot poultice was used to revisit each section of my body.

THE VERDICT:

Hot poultice massages are now my firm favourite!
Lisa Nguyen



Moisture miracle

We love the glorious sunshine, but sadly it can leave skin dry and tired – and a flaky face is *not* a hot look. Restore moisture and elasticity the easy way with the ultra-hydrating Environ Super Moisture Plus.

● £29.95, iaa.eu



Naked eye

These incredible palettes are a global phenomenon in the make-up world – and they just keep getting better! Urban Decay Naked 3 is a bed of beautiful rose-hued tones that complement any eye colour. Plus, from glistening pale pink to black micro-glitter, there's a shade for every occasion.

● £38, urbandecay.co.uk



Au naturel

Favoured by the A-listers, Weleda's deodorants are 100 per cent natural. Made using herbal extracts and natural essential oils, the spray neutralises body odour, dries in seconds and leaves no white flaky bits. Hallelujah!

● From £8.95, weleda.co.uk



Gorgeous locks

If you're in need of hair rehab after summer, try Julien Farel's Vitamin Restore hair treatment. The anti-ageing cleanse, treat and condition formula is your go-to hair hero for restoring health and happiness to your tired tresses.

● £28, selfridges.com



BEAUTY HEROES

Update your look-hot routine with these fab new finds

Sun-soaked skin

Who needs the Caribbean when you have the perfect tan in a bottle? Only joking, nothing beats a Caribbean vacation! But this Holiday in a Bottle self-tan from Time Bomb Cosmetics is the next best thing when it comes to your tan. Ideal for achieving a light, honeyed glow without any pesky streaks.

● £28, selfridges.com



Luxe on a budget

Long-standing brand Yardley London has launched a whole new range of delightfully scented fragrances – our fave is Kiri. Its 'floriental' mix of fruits and spices make it perfect for everyday wear. Who said luxury scents had to cost a bomb?

● £19.99, boots.com



A little lift

Packed full of peptides and antioxidants, this Firming Peptide Body Treatment wonder-cream from Murad boosts collagen production in the skin for all-over firmness and youthful radiance. The firming peptide body treatment absorbs quickly too, so no greasy feeling!

● £36, murad.co.uk



Air-brush effect

Caked-on make-up is the last thing you want in the summer heat. If you need some coverage, but still want that fresh-faced look, try Sheer Cover Mineral Foundation. The light colour-match powder will keep you looking natural and flawless.

● £24.95, sheercover.co.uk



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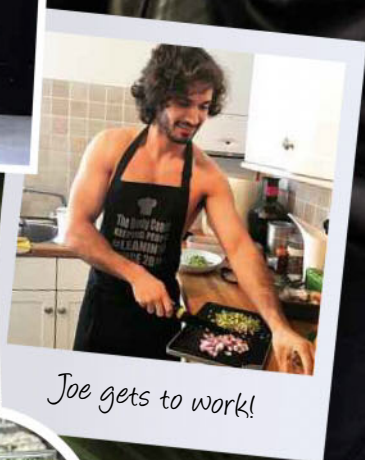
NUTRITION

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110 Healthy bites // 111 Why we love dates // 113 Season's eatings

MAKE MINE A DOUBLE (ESPRESSO)

Here's to the daily grind: a new study of 4,000 people found that moderate coffee consumption may reduce the risk of developing type 2 diabetes – a condition caused by either the body's inability to produce enough insulin, or the cells developing a resistance to the hormone. It is thought that the high caffeine content in coffee has a positive effect on glucose metabolism and insulin sensitivity. The study adds to the growing body of evidence that coffee consumption could help to prevent the disease. So, time to drink up we say!

NUTRITION : LEAN IN 15



Joe gets to work!



The lean machine

WF catches up with man of the moment Joe Wicks to talk eating smart to get #Leanin15

Haven't heard of Joe Wicks? #Leanin15? Or The Body Coach? You have been missing out!

Personal trainer and online nutrition coach Joe Wicks (aka The Body Coach) has taken social media and online training by storm with his hilarious (and amazing!) #Leanin15 Instagram recipes and his 90 Day Shift, Shape & Sustain plan.

Joe trained as a PT, but in recent years his focus has shifted to helping people improve their nutrition, too. 'I used to run bootcamps in local parks for about five years, while also posting health and fitness ideas on Twitter,' says Joe. '#TeamLean took off and now my main focus is educating people about nutrition – and how they can be #Leanin15!'

15 MINUTES TO LEAN!

Joe's Instagram recipe vids are easy to follow and a little bit addictive. In a super-speedy 15-second video he puts together healthy dishes that you can easily make at home in 15 minutes. And the focus is not on calorie restriction, but nutritious food that will power you through your workouts. 'My motto is, if you eat more of the right things, train harder and faster, you *will* burn fat and get lean,' says Joe. 'I'd like to think that clients who have been on my plan would never do a low-calorie diet again as they'll have changed their attitudes towards exercise and their understanding of food.'

FOODIE FAN

One of the things we love most about Joe is that he clearly loves

his food. Plus he seems to have an endless stream of inspiration. 'I like throwing together ideas to see if they work,' says Joe. 'I'm a bit like a mad scientist experimenting; sometimes I just have a gander at what I have in the kitchen and see what I can come up with.' And you won't find loads of fancy expensive ingredients in Joe's dishes. He cooks super-simple food with bucketloads of flavour that even we can rustle up after a long day in the office!

And we love the fact that great food choices play as big a part in Joe's plans as exercise. 'It's crazy that nutrition and exercise are even seen as separate – you can't train hard without the right fuel inside you so they are intrinsic to each other,' says Joe. 'You can eat a lot of food and still burn fat, it's about understanding metabolism and choosing the right kinds of food.'

GOING SOCIAL

One of the best ways to get a taste (sorry!) of Joe's awesome recipes is to follow him on Instagram (@thebodycoach). He posts regularly and offers a great mix of recipes, from dinners to brekkies and mouth-watering desserts. 'I'm always on the internet taking in all kinds of information and getting inspiration; jumping online for ideas is how many people get their motivation for health and fitness,' says Joe.

'I wanted to create a space that made it easy for people to be healthy and realise the body they want is achievable. So I started using the hashtag #Leanin15 on Instagram and the response has blown me away!'

REAL RESULTS

A big part of the appeal of Joe's #Leanin15 recipes, and his 90 Day Shift, Shape & Sustain plan, is the amazing before and after pics he posts. 'I ask all my clients to send in photos of their bodies at each stage of my 90-day plan so that I can see how they are progressing. It's especially important at the start: seeing their body composition helps me tailor a plan specifically for them,' says Joe.

Watching the weight drop off people is a great motivator. But the photos also embrace another part of Joe's philosophy. 'I hate scales – I've dubbed them "the naughty step"! I think photos give you a much better indication of progress and can be a real boost for clients to see how far they have come. There is a community vibe in the #Leanin15 gang and people are really proud of their hard work and their new bodies.'

TAILOR MADE

We reckon the secret to Joe's success is partially down to the fact that his plans are tailored to individual clients rather than a one-size-fits-all approach. 'My plan is tailor-made so that anyone can follow it, no matter what their fitness or eating habits are. Clients fill out a questionnaire when they sign up, giving information on their weight, body measurements, habits and many other factors. When the plan lands in their inbox they have a set meal and fitness schedule that I guarantee, if followed, will work for them,' he says. 'The calories in the set menu are individually tailored to the

client's own personal energy demands to ensure fat loss. Other diets are always so restrictive – you can't eat that and you can only have two calories a day! I get clients eating loads of really tasty food, it's just that it is the right food and the right balance when their body needs it.

THE SWEATY STUFF

While nutrition is a big part of Joe's offering, great workouts are also key

HIIT training

'I get all clients doing high-intensity interval training (HIIT) straight away because it means you don't have to spend hours in the gym,' says Joe. 'With HIIT you repeat short bursts of high intensity, all-out exercise with timed rests, and this melts fat.'

Weights

'Later I add short weight-training sessions to a client's routine to help them gain muscle to show off under their new, leaner frames,' says Joe.



TURKEY BURGERS

Who said eating healthily had to be boring? Not us! And certainly not Joe! Packed with super-lean turkey mince, tasty sweet potato and flavour-packed spring onion, these delish #Leanin15 turkey burgers make a perfect speedy evening meal. We'd also recommend making a few extras to take to work for lunch the next day.

- 1 sweet potato
- Lucy Bee coconut oil
- Red onion, chopped
- Spring onions
- Broccoli
- Turkey mince

- 1 Chop the sweet potato into small cubes and place in a microwavable bowl. Heat until warm and slightly soft.
- 2 In the meantime, throw some coconut oil into a pan with the chopped red onion and the spring onions. Add the broccoli and give it a stir.
- 3 Remove the sweet potato from the microwave and mash it before adding it to the pan of onions and broccoli.
- 4 Add the turkey mince to the pan along with some seasoning, then shape all the ingredients into burger patties and fry away.
- 5 Serving suggestion: serve with some fresh rocket and spinach and you've got yourself a #Leanin15 meal right there!



PROTEIN PANCAKES

If you're bored of the same old boring breakfast every day, but want something that packs a big nutrient hit and will keep you full, look no further! This delicious pancake recipe from Joe ticks all the right boxes! It's tasty and healthy, and incredibly quick and easy to make. Want to change it up a bit? Try varying the type of berries you use - we love it with a few sliced strawberries!

- 2 bananas
- 2 eggs
- 80g oats

- Scoop of vanilla whey protein
- Lucy Bee coconut oil
- Berries
- Honey

- 1 Throw the bananas, eggs, oats and vanilla whey protein into a blender and whizz together.
- 2 Pour some coconut oil into a warm pan then pour the pancake mixture into it.
- 3 Stack 'em up, add some berries and a cheeky squeeze of honey and you've got some very tasty #Leanin15 protein pancakes. Bosh!

If you eat more of the right things, train harder and faster, you will burn fat and get lean!



JOIN THE CLUB

Follow Joe on Instagram at @thebodycoach

The Body Coach's 90 Day Shift, Shape and Sustain programme is available for £147.00 from thebodycoach.co.uk

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The heat *is off*

Whether you're a juice enthusiast or a keen cook, cold-pressing is the secret to maximising the potential of your ingredients

Health fads come and go, but once in a while we stumble upon a diet trend worth knowing about. And, right now, that's the cold-press movement.

Don't get us wrong, it's not *that* new... but it's what everyone's talking about right now.

We all know it's important to eat our five-a-day, to exercise regularly and to limit indulgences to occasional treats rather than everyday occurrences. That's a no-brainer. But if you want to step up your wellbeing game, it's the finer details that really count.

The way ingredients are prepared is just as important as the ingredients themselves. If you rely on heat to prepare your ingredients, you could be doing your food a disservice: high temperatures can destroy valuable enzymes whose job it is to break down food and help you to absorb nutrients. Without sufficient numbers of these enzymes, nasty symptoms such as digestive disorders, allergies and low energy levels can kick in.

OFF THE HEAT

So what's the solution to enjoying great-tasting ingredients while preserving nutritional quality? One (hyphenated) word: cold-pressing. Everyone's at it! Just as the name suggests, cold-pressing involves pressing or grinding an ingredient without the use of heat to unlock its nutritional benefits.

'This revolutionary method helps to retain the highest level of nutrients, vitamins and minerals,' says Phillip Maddocks, managing director of cold-pressed juice company B.Fresh (b-fresh.co.uk). So it's no wonder that cold-pressed products have gained an impressive following from the likes of athletes, supermodels and celebrities.

RAISING THE JUICE BAR

Let's start with juice. There's a juice, and then there's a cold-pressed juice. While the pre-packaged supermarket varieties are usually pasteurised (heat-treated to kill potentially harmful bacteria), cold-pressed juices are not, and chugging back one of these cold-pressed concoctions is a fast and

easy way to lock in the nutrients your body needs to stay healthy. The juice is bottled and sealed, then placed in water and subjected to a high-pressure process, where pressure up to 10 times that felt by the deepest ocean bed is applied. The result is a nutrient-rich juice with a shelf life of around three days.

While there's a whole range of cold-pressed juices available, many diet-savvy consumers are looking to test the waters at home, too. In fact, earlier this year British kitchenware retailer Lakeland reported a 275 per cent week-on-week increase in smoothie and juicer sales compared with last year. But be warned: a *cold-pressed* juicer comes with a hefty price tag. So, what's the difference? 'Unlike cold-pressed juicers, mainstream juicers – known as centrifugal juicers – use high-speed blades that tear apart the produce,' explains health coach Gloria Halim (rockondivas.com). 'This process adds heat and air, which breaks down some of the nutrients and enzymes, meaning you get less goodness in your juice.'

So it's worth splashing out. Try BioChef's Slow Juicer (£199, lakeland.co.uk). This domestic gadget does an impressive job of ensuring the maximum nutrients make it into your glass.

LIQUID GOLD

When it comes to oils, cold-pressed varieties are in a league of their own. These mega-healthy oils are made by pressing and grinding ingredients through presses at a low temperature (below 49°C) in order to keep flavour and nutritional content in tact. 'Cold-pressed oils are made by pushing the produce through large meshes to extract their oils,' says Charlotte Watts, nutritional therapist and author of *The De-Stress Effect* (charlottewattshealth.com). 'As oils and fats are easily damaged by heat, this retains their health benefits. Try to choose cold-pressed oils and oil supplements, such as evening primrose oil, to receive more antioxidants.' Take healthy eating to the next level with our cold-pressed best buys, (right).



The result is a nutrient-rich juice with a shelf life of around three days!

MAGIC 8

Upgrade your diet with these cold-pressed products

1 B.FRESH JUICE

B.Fresh offers healthy juices made from the freshest ingredients grown on its Shropshire farm. Ingredients are washed in natural spring water before being chopped and passed through a series of press rollers for pulp-free juice minus the heat.

● £15 for 6x250ml bottles, b-fresh.co.uk



5 CREATIVE NATURE BLISSFUL BERRY BAR

This tasty snack bar is the perfect treat. With no added sugars or preservatives and only natural and raw ingredients, it's delicious!

● 99p, creativenaturesuperfoods.com

2 PLENISH

These bottled cleansing juices are produced using a high-tech hydraulic press to extract nutrients from fruit and vegetables, which can be absorbed easily into the bloodstream and then into cells.

● £5.95, ocado.com



6 BAROCCO CHOCO

Can't say no to chocolate? You don't have to! Influenced by an ancient Aztec recipe that was brought to Sicily many centuries ago, this organic, fair-trade and vegan chocolate range is cold-pressed and contains a high cocoa content to preserve nutritional integrity. Bliss in a bar!

● From £3.75, baroccochoco.com



3 GOOD OIL HEMP OIL

A decent-quality oil is a must to transform a salad from dull to delectable, and we've found the perfect one. As well as being cold-pressed from British hemp seed, this oil is rich in brain-boosting omega-3 fatty acids.

● £4.49, goodhempnutrition.com



7 WAITROSE COOKS' INGREDIENTS VIRGIN COCONUT OIL

With a high smoke point and long shelf life, this cold-pressed coconut oil has lots of highlights. It's mainly made up of special fats, which are more effectively metabolised than other kinds, so it can double up as a weight-loss aid, too.

● £5, waitrose.com



4 PULSIN HEMP PROTEIN POWDER

If you're looking for a nutritionally balanced workout aid, we've found it. Pulsin's Hemp Protein is cold-pressed and nutrient-dense to nourish muscles post-workout.

● £7.99, pulsin.co.uk

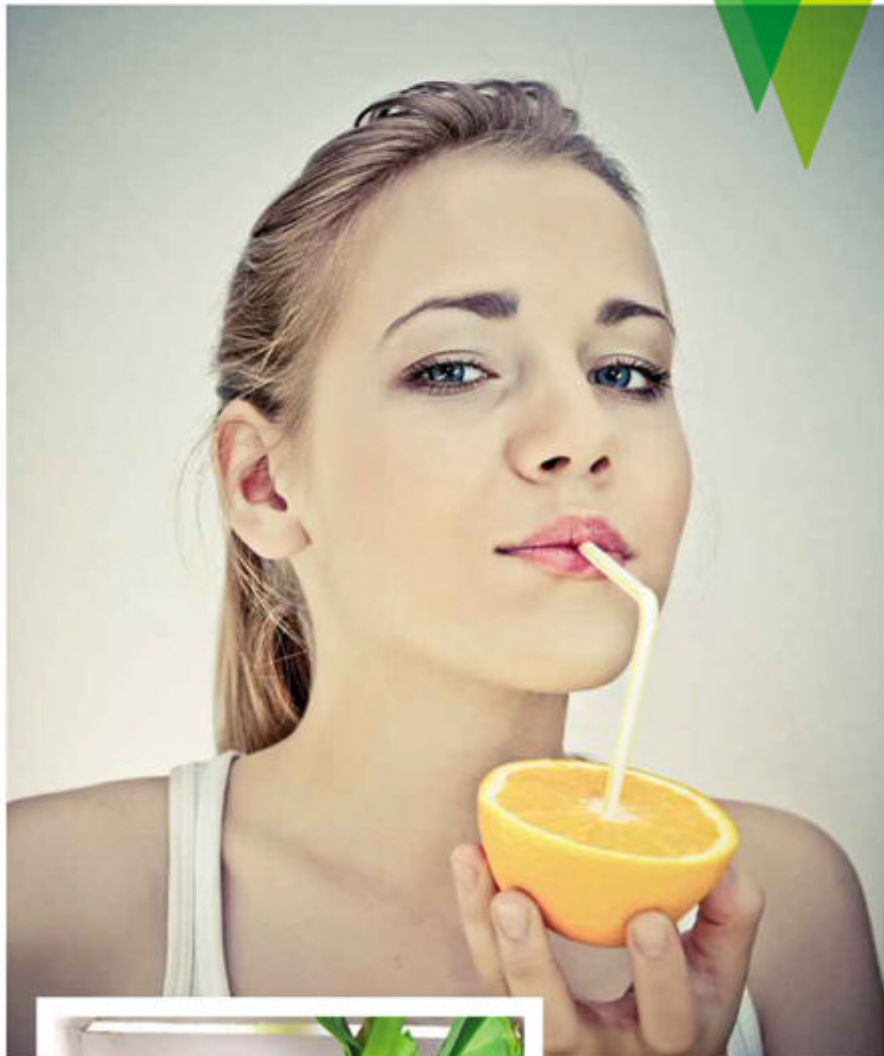


8 INSPIRAL ORGANIC TRULY RAW CACAO POWDER

Cold-pressed below 45°C, this raw cocoa powder is versatile. Add to workout smoothies or sprinkle over porridge to up your antioxidant count.

● £3.45, inspiral.co





MORE TRENDS WORTH TRYING

Here's the lowdown on a few more trends that offer serious results

1 PACKING IN THE VEG

Flexitarians or semi-vegetarians limit the amount of animal products in their diet, preferring to eat a mainly plant-based diet instead.

THE BENEFITS: A 2013 study in *JAMA Internal Medicine* revealed that vegetarians live longer than non-vegetarians. And those who eat a veg-heavy diet are also thought to have a lower incidence of disease, probably because of the naturally protective nature of plant-based foods.

2 CLEANSING

A short-term cleanse, where you shun sugar and processed foods in favour of guzzling down around four freshly made juices a day is a popular pre-holiday diet choice.

THE BENEFITS: A good detox will provide noticeable results in just a few days. You'll feel cleaner on the inside and look better on the outside. Expect glowing skin, better digestion and a generally improved mood.

3 GOING RAW

Raw food is essentially food that hasn't been processed, treated or cooked above 42°C. Fruits and vegetables are often dehydrated, and grains and pulses are sprouted.

THE BENEFITS: Just like cold-pressing, going raw helps you get the most nutrition out of food by limiting ingredients' exposure to heat.

4 GROWING YOUR OWN

Turn part of your garden into a veggie patch or grow some grub on your kitchen windowsill.

THE BENEFITS: Some organic food has been shown to have a higher number of nutrients compared with non-organic. Growing your own is also fun and can save you money.

5 CUTTING OUT GLUTEN

Gluten-free diets are currently doing the rounds, with gluten-free restaurants and free-from products popping up everywhere. Cutting out gluten is only recommended if you suspect you have an intolerance.

THE BENEFITS: Eliminating gluten from your diet could help to turn around digestive issues such as bloating and discomfort after eating. Find out if you have a problem with gluten by cutting out suspect foods for a couple of weeks.

'A study revealed that vegetarians live longer than non-vegetarians'

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Free-from *for all*

Don't think you can go vegan? Neither did **Lee Watson**. But in his book *Peace & Parsnips*, he proves that anyone can do it

Long gone are the days of oddly unidentifiable meat replacements and weird egg substitute powders.

Veganism has been on the rise for years and there are now so many ways to be creative with cooking, eating and even entertaining as a vegan. 'I'm going to show you, with minimal fuss and plenty of accessible ingredients, how to make food that would satisfy both a fully fledged vegan and someone new to the idea,' says Lee. Not only are more and more people taking the vegan vow because of animal welfare, but many are also starting to realise just how environmentally unsustainable eating meat and dairy is.

With meat farming contributing to climate change more than the entire transport industry, many of us like the idea of following a vegan diet from an ethical viewpoint, but might have some reservations. There are loads of myths about veganism floating around, and it's time they were busted. For instance, while meat is undoubtedly packed

full of protein, there are ways you can get your share as a vegan. 'Plants are packed with protein and a balanced plant-based diet provides all the proteins needed to conduct a healthy and happy lifestyle,' explains Lee. 'Quinoa and soya are complete proteins, which means that they cater for all our amino-acid needs.' So if you're worried about being fit, active and vegan, good news: it can be done.

And what about strong bones? Everyone knows that milk is the best source of calcium, right? Wrong. 'There are plenty of very rich sources of calcium, even richer than the mighty milk!' says Lee. 'Green leafy veg, sesame and tahini, white beans...' The list really does go on, and on top of this there are so many vegan food choices you can make that give you all the health benefits of their non-vegan counterparts. There's a whole world of nuts, fruit, veg, grains and pulses for you to get stuck into – even if it's just the odd meat-free meal here and there. Here are some of our favourite recipes from the book...



BEETROOT AND CUMIN FRITTERS WITH HORSERADISH AND DILL YOGHURT

Makes 8-10 fritters

These little fritters are bursting at the seams with flavours, and the herbaceous horseradish 'yoghurt' tops things off very nicely. A punchy, zesty sauce is perfect with any fried food to light up the palate. The sweet earthiness of

the beetroot and the fragrance of cumin are, very simply, made for each other. I like to use any green peas or beans for this, but the edamame probably have the edge thanks to their nice crunchy texture, which adds an almost nutty bite. Use any flour you like,



- Handful of fresh mint leaves, finely chopped
- Zest of 1 lemon
- 1tsp sea salt and ground pepper
- 300g beetroot, scrubbed and coarsely grated
- Handful of edamame/green peas/broad beans
- 1½tsp cumin seeds, toasted and roughly ground
- Vegetable oil, for frying
- 1 big handful of watercress or spinach leaves
- 2 spring onions, thinly sliced

1 Put the potato into a small pan, cover with water, add a pinch of salt and bring to the boil. Cook for 25 minutes, until soft. Drain in a colander, mash well and leave to cool.

2 Make the horseradish and dill yoghurt. This can be done well in advance.

3 Once the potato has cooled to handling temperature, mix with the tofu, flour, mint leaves, lemon, salt and pepper. Now gently mix in the grated beetroot and peas until all is well combined – using your hands is best. We want these fritters to be chunky and packed full of texture.

4 In a large, heavy frying pan, dry-toast your cumin seeds on a medium-low heat for a minute. They should pop and give off a lovely aroma. Using a pestle and mortar, bash them up a little, then stir them into the fritter mix.

5 In the same pan, warm ½ tablespoon of oil on a medium heat, ensuring that the base of the pan is evenly covered with a film of oil. Spoon in 2 heaped tablespoons of fritter mix per go, pressing it down a little with the back of the spoon until roughly 1cm thick. Cook for 3-4 minutes on one side and slightly less on the other. Repeat until you have a few fritters cooking at the same time, and continue to cook in batches. Drain on kitchen paper and keep them warm in a low oven.

6 Serve warm and crispy on a bed of vibrant green watercress or spinach leaves, garnished with the thinly sliced spring onions. And, if you fancy it, a generous dollop of vegan yoghurt, mixed with a little horseradish and a little dill, makes for a really good accompaniment, too.

but I prefer to keep them gluten-free. Chickpea flour works well.

- 1 large potato, scrubbed and cut into cubes
- 125g firm tofu, drained and well mashed
- 40g buckwheat or wholewheat flour

CHESTNUT, MILLET AND SAGE SAUSAGES WITH HOMEMADE RAW KETCHUP

Makes 15 small sausages

Chestnuts seem to have been a little neglected of late, and you rarely see the lonely chestnut roaster on the festive street corner these days. But chestnuts are so plentiful on our island, and can be used in a variety of dishes, both savoury and sweet. They come to life when paired with the robust and earthy sage, and will live with most herbs in harmony. I like to use them in sausages and burgers because they are quite starchy and help with the binding process, which can be a major failing in many vegan sausage and burger recipes. Most vegan sausages are best cooked straight from the freezer – they hold their shape better that way. The key is to be gentle with them in the pan, and don't mess with them unnecessarily. They just need a precise flip on occasion and they are perfectly happy. To make things easy, you may like to use pre-cooked chestnuts.

- 75g millet
- 250g cooked chestnuts
- 300g firm tofu, mashed with a fork
- 3tbsp nutritional yeast flakes
- Handful of toasted sunflower seeds
- 1 onion, grated
- 3 cloves garlic, peeled and crushed
- 2tbsp finely chopped fresh sage
- 2tbsp very finely chopped fresh rosemary
- 1 red chilli, deseeded and diced
- Large pinch ground allspice
- 2tbsp lemon juice
- 150g very fine wholewheat or

gluten-free breadcrumbs

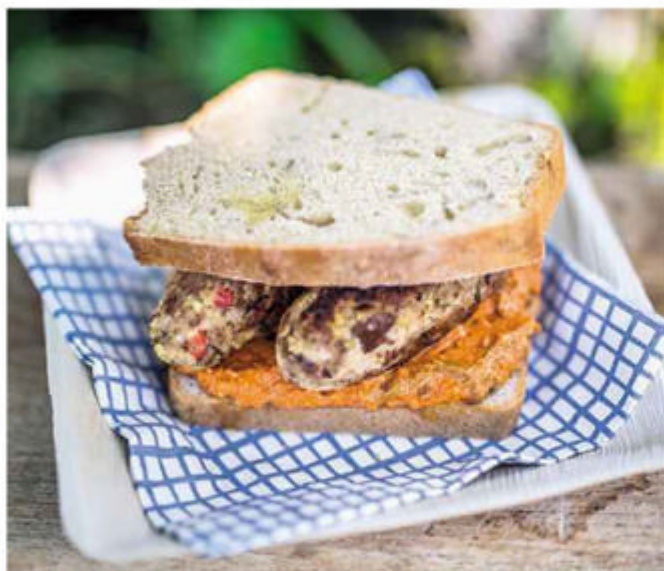
- 1tbsp tamari or 1tsp sea salt
- Vegetable oil

1 To cook the millet, put it into a small pan and cover with 2cm of cold water. Bring to the boil, then pop a lid on, lower the temperature and leave to cook for 20 minutes. Fluff up with a fork – the millet should be soft and tender but quite sticky. This is perfectly normal. Allow to cool.

2 In a food processor, blitz your chestnuts to fine crumbs. Add half the tofu and pulse a few times until smooth. In a large bowl, mix the chestnuts and tofu with the rest of the ingredients apart from the vegetable oil. The mixture should be firm enough to form into sausages, and slightly tacky to the touch. Check the seasoning and add more tamari or salt if needed.

3 Using damp hands, form your sausages to look like big chipolatas. Place them on a plate and cover lightly with clingfilm, then pop into the fridge and chill them for 30 minutes (you can also freeze them at this point). Put ½ tablespoon of oil into a large frying pan on a medium heat and fry your sausages for 5 minutes, turning them regularly to get a good colour all over.

4 Serve with a splodge of ketchup – there's a great homemade recipe in the book – if you fancy it, and some warm toast. And normally I'll have a few green leaves for the plate. Sausage sandwich, anyone?



BRAISED CAULIFLOWER AND PUY LENTIL TABOULEH

Tabouleh is a southern Med classic. Combined with great olive oil and sweet roasted cauliflower, it makes a substantial salad. I love the spice mix baharat – if you can find it, substitute it for the ground spices. I like to use pomegranate molasses in the dressing, as it gives a funky reddish tinge and has a sticky tang. For a special occasion, go the whole hog and sprinkle over herbs, baharat, pomegranate and chopped toasted almonds. If you want a gluten-free option, replace the bulgur wheat with millet.

Serves 4-6

- 100g puy lentils
- 1 bay leaf
- 220g bulgur wheat, rinsed in cold water
- 150ml boiling water or vegetable stock
- 1tbsp olive oil
- 1 small cauliflower cut into small florets, roughly 2cm in size, and stalks finely diced (waste nothing!)
- Large pinch ground cumin
- Large pinch ground coriander
- Large pinch sweet paprika
- Large pinch ground turmeric
- Small pinch ground cinnamon
- ½tsp sea salt
- 4 spring onions, finely chopped
- ½ cucumber, deseeded and finely diced
- 2 ripe tomatoes, deseeded and finely diced
- Handful dried apricots, soaked for 2 hours then drained and finely chopped
- Handful fresh flat-leaf parsley, finely chopped
- Handful of fresh mint leaves, finely chopped
- Seeds from 1 small pomegranate

- 1tbsp toasted sesame seeds
- 1 x dressing
- 1tbsp pomegranate seeds
- Handful chopped fresh parsley and mint

1 Put the lentils into a pan and cover with water. Leave for 5 minutes, then pick out any floating lentils. Drain, cover with fresh water and add the bay leaf. Bring to the boil, then reduce the heat and simmer for 30 minutes, stirring and checking the water level (add more if needed). The lentils should be springy, but cooked. Drain, though there should be very little liquid left.

2 Put the bulgur wheat into a large bowl and pour over the boiling water or stock, enough to cover it by about 2cm. Tightly cover and leave for 30 minutes. Once cooked, fluff with a fork and cool.

3 In a frying pan, heat the oil on a high heat, then add the cauliflower and begin to fry. Stir regularly and cook for 10-12 minutes. Once the cauliflower has softened and the edges are slightly charred, sprinkle over the ground spices and salt and cook for a further 2 minutes, stirring well. Cover and leave to cool. The cauliflower should be nicely coated with the spices.

4 Add three-quarters of the lentils to the bulgur wheat, along with the cauliflower, herbs and the rest of the ingredients, then pour over the dressing and mix. There's a pomegranate dressing in the book that works well with this, but you can use any dressing of your choice.

5 Place in a wide, shallow bowl and spread out. Sprinkle over the remaining lentils and garnish with pomegranate seeds and herbs.





CHOC AND BEET BROWNIES

This is a super-rich brownie recipe, quite dense and with extra chocolate for good measure. I also love adding finely chopped prunes to really bump up the sticky-richness stakes, and these brownies also taste great with other dried fruits, such as cherries, blueberries or raisins. Brownies are a funny bake: they don't look done, but they are. You'll need a little brownie experience to get it just right, but generally, they are much stickier than your average cake when probed with a chopstick or toothpick. I recommend a gentle press test – if the brownie has formed a decent crust and is slightly springy, you're there.

Makes 6-8

- 300g very dark vegan chocolate (check the packet)
- 150ml light vegetable oil
- 200g silken tofu
- 200g unrefined brown sugar
- 125g beetroot, finely grated
- 60g dried prunes, soaked until soft, then finely chopped
- 100g walnuts, roughly chopped
- 125g unbleached white flour

1 Bring a half-full pan of water to the boil (or just use the kettle), then remove from the heat and cover with a bowl (making sure the bottom of the bowl is out of the water). Put the chocolate and oil into the bowl, stir and let them melt. Once completely melted, set aside and allow to cool to room temperature.



2 Preheat the oven to 190°C/370°F/gas mark 5. Oil a 27x17cm baking tray and line with baking paper.

3 With a whisk, beat the tofu and sugar together in a bowl, then grab a spatula and stir in the chocolate, grated beetroot, prunes and walnuts. Now slowly mix in the flour, folding it a few times until just combined.

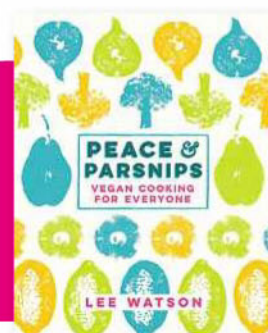
4 Pour the mixture into the oiled and lined baking tray, and level out with a spatula. Pop into the oven and

bake for 25-30 minutes on the middle shelf. Leave to cool in the tray, then lift out on to a wire rack and cut into squares.

5 Brownies should be nice and moist in the middle, more so than other cakes, as they'll firm up when outside the oven. The middle of the brownie should have formed a slight crust and the outer edges will be slightly crispy. This is bang on!

6 Serve warm with vegan vanilla ice cream and a berry compote.

Peace And Parsnips: Vegan Cooking For Everyone by Lee Watson (£20, Penguin), is available to readers at the special price of £16 (including free p&p). Please call 0843 060 0021 and quote reference 'Parsnips'. Please allow 28 days for delivery. Subject to availability.



Munch time

DID YOU KNOW?

Strawberries can help to **boost your intake** of antioxidants

● Source: vivastrawberry.co.uk



3 STEPS TO A JAPANESE-INSPIRED MEAL

Go east for your next dinner with our favourite ingredients from Japan

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Step away from the triple chocolate caramel mocha with cream! You can get your coffee fix completely guilt-free this summer with our favourite cold-brew coffee: Sands London. The delicious dark stuff is brewed with cold water over several hours to draw out those sweeter flavours – so no need to add a thing!

● £4, sandowlondon.co.uk



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● From £500, magimix.com



Healthy bites

Want to fill your trolley without filling out? It *is* possible, says Amanda Khouv

WHAT A BANGER!

Gone are the days of mystery sausages filled with nondescript ingredients. Nowadays, British meat consumers demand more! We love Debbie & Andrew's new Caramelised Red Onion Pork Sausages, which are prepared from scratch and seasoned with balsamic vinegar and spices. Plus, they're suitable for those intolerant to lactose and gluten, too.

● £2.50, asda.com



1 YUTAKA SHIRATAKI NOODLES

Want all the comfort of carbs without the calories? Try these in stir fries and stews – they're just 10 calories per 200g!

● £1.50, goodnessdirect.co.uk



2 ITSU MISO SOUP POUCHES

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● £1.99 for three, major supermarkets



3 CLEARSPRING GREEN NORI SPRINKLE

Just a sprinkle of seaweed can add guilt-free flavour and a whole host of healthy minerals to salads, soups and stews in a flash.

● £1.99, clearspring.co.uk



THREE WAYS WITH DATES



DATE AND ALMOND ENERGY BALLS MAKES 8-10

Put 12 pitted dates in a food blender and blend until they form a sticky paste. Add in 100g chopped almonds, 2tbsp almond butter and 1tbsp cocoa powder. Blend together until well combined, then form balls using your hands, adding a little bit of water if the mixture isn't quite sticking together. Chill for 20 minutes before eating.



DATE AND BANANA SMOOTHIE MAKES 1

Place 1 ripe banana, 200ml chilled almond milk, 3 pitted dates, 2tsp almond butter and 1tsp cinnamon in a blender. Blitz until smooth and then drink immediately.



DATES STUFFED WITH FETA MAKES 12

Preheat the oven to 180°C/350°F/gas mark 4. Cut a slit in each of the 12 dates and remove the stone. Tuck in a sprig of parsley and a 1cm cube of feta cheese. Gently squeeze to close and wrap half a slice of prosciutto around each date. Put on a baking tray, drizzle with olive oil and bake for about 6-7 minutes before serving.

FOOD FOCUS

Dates

Make this Middle Eastern staple your go-to sweet treat to aid your digestion, stabilise blood-sugar and ward off depression

It hogs the limelight when it comes to raw dessert recipes, but, until recently, the humble date was an unsung hero.

Dates are naturally high in sugar, but this doesn't mean they are bad for you. Dates are actually a low-glycaemic food, which means they don't significantly raise blood-sugar levels when they're eaten. This makes them great for diabetics and anyone who has a sugar craving but wants a healthier sweet treat.

Dates are loaded with fibre, which is important for the health of our digestive system as well as helping to lower cholesterol and prevent heart disease and colon cancer. The main fibre in dates is the insoluble kind, which binds to fat and cholesterol and helps to carry it out of the body. This fibre is also beneficial if you suffer from constipation, which is why dates are categorised as a laxative. Simply soak the dates overnight before eating and this will help promote a healthy bowel movement and more comfortable passage of food through your digestive tract.

Research has shown that dates may lower triglycerides – a type of fat in our blood – by as much as 15 per cent. When you eat, your body converts any calories not burnt into

'Dates are loaded with fibre and help to lower cholesterol and prevent heart disease and colon cancer'

triglycerides, which are then stored in your fat cells and released for energy when we need them – like in between meals. But, too many triglycerides in the blood can put you at risk of

heart disease and stroke.

Dates are also packed with B vitamins, especially B6 which helps us form red blood cells, as well as metabolise carbohydrate. Another key function of B6 is in the production of the messenger molecules, known as

neurotransmitters, that we need in our nervous system and brain. The neurotransmitters in question are GABA, dopamine and serotonin. People lacking in B6 may be more prone to mood disorders such as depression, so dates are a great addition to the diet.

One little-known fact about dates is that they contain organic sulphur, a trace element that is not very common in foods and yet has been shown to help reduce allergic reactions in seasonal allergies such as hayfever.

Dates also contain some important minerals including potassium, magnesium, calcium, iron and zinc, making them a great post-exercise snack to boost muscle repair and recovery.

Superfood stats

1 DATE PROVIDES YOU WITH APPROXIMATELY:

66 calories
0g fat
18g carbs
2g fibre
0g protein



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- THE SECRETS
- THE MOVES
- THE DIET



PLUS

- THE FOODS YOU
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A FLAT TUMMY
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SUNSHINE SPECIALS :

NUTRITION



*Caramelised
Mandarin Salad*

Season's eatings

Summer is one of the best times of year for being a bit more adventurous with healthy eating – the proof is in these fresh, seasonal dishes from food writer Annie Rigg



CARAMELISED MANDARIN SALAD

When we were young, my mother's culinary repertoire for more fancy occasions included a dessert of caramelised oranges served with a pile of cream-filled brandy snaps – a true '70s classic. This is my updated, lighter and more refreshing version, which wouldn't look out of place on a festive Christmas table.

Serves 4-6

- 8-10 mandarins or clementines – choose firm ones, which are easier to peel
- 100g caster sugar
- Juice of 2 large oranges
- 1-2tsp rosewater or orange blossom water
- Seeds of ½ pomegranate
- 50g shelled pistachios, roughly chopped
- 2-3 sprigs of mint, roughly chopped

1 For a more elegant look to the finished salad, rather than using your hands to peel the mandarins, cut a thin slice off the top and bottom of each and sit them upright. Using a sharp, serrated knife, and working from top to bottom, cut the peel away in strips using a sawing action. Try to cut all of the pith away, leaving the fruit in a neat barrel shape. Cut each mandarin in half through the middle and arrange in a serving dish.

2 For the caramel, tip the sugar into a heavy-bottomed saucepan, add 2 tablespoons of cold water and set over a low-medium heat to dissolve the sugar without stirring. Raise the heat to medium, bring the syrup to the boil and cook until it becomes amber-coloured, swirling the pan to ensure that it cooks evenly.

3 Meanwhile, heat the orange juice until just below boiling in a separate saucepan or in a jug in the microwave. Slide the caramel pan off the heat and carefully add the hot juice – the caramel will splutter furiously, so keep your hands covered by a cloth and your face away from the pan. Return to the heat to melt any hardened caramel, bring to the boil and simmer for 1 minute. Remove from the heat, add the rosewater or orange blossom water and leave to cool for a few minutes.

4 Pour the caramel over the mandarins and stir gently to coat the fruit. Leave for 1 hour for the caramel to flavour the little oranges and vice versa. Scatter over the pomegranate seeds, pistachios and mint, and serve.



GREEN PAPAYA SALAD WITH CRISPY FRIED BEEF

Green papayas, or pawpaws, are large, under-ripe papayas that are used as a vegetable in Thai or Vietnamese cooking and usually feature in versions of this refreshing salad. I wanted to add something extra, and found inspiration for the beef from my local Vietnamese restaurant. Serve as a light lunch or starter.

Serves 4

For the beef

- 500g beef skirt, in one piece
- 1tbsp dark soya sauce
- 2tbsp light soya sauce
- 1 heaped tbsp palm or light brown sugar
- 1 lemongrass stalk, trimmed
- 2 garlic cloves, sliced
- 3cm piece of fresh ginger, shredded
- 1 large red chilli, sliced

To finish

- 2 garlic cloves, chopped
- 4cm piece of fresh ginger, roughly chopped
- 2tsp palm or soft light brown sugar
- 1tsp ground coriander
- Good pinch of ground cumin
- 4tbsp coconut milk
- Pinch of salt
- 2tbsp sunflower oil
- 4tsp tamarind paste
- of lime juice

For the salad

- 1 medium green papaya
- 1 red onion, finely sliced

- Handful of beansprouts, rinsed
- 1 garlic clove, peeled
- 2 red bird's eye chillies, roughly chopped
- 1 lemongrass stalk, trimmed and sliced
- 2-3tsp palm or soft light brown sugar
- 2-3tbsp fish sauce, or to taste
- Juice of 2 limes, or to taste
- Handful of Thai basil or mint, leaves torn
- Handful of coriander leaves
- 2tbsp crispy Asian shallots (optional)
- 2tbsp roughly chopped salted peanuts

1 Preheat the oven to 180°C/350°F/gas mark 4. Put the beef into a flameproof casserole with a tight-fitting lid. Mix together the soya sauces and sugar, and pour over the beef. Bruise the lemongrass stalk with the back of a knife and cut in half, then add to the pan with the garlic, ginger and chilli, and mix well with your hands. Add enough cold water to half cover the meat and slowly bring to the boil. Cover with the lid and cook in the oven for 1 hour or until the meat is very tender and will shred easily. Leave to cool in the broth, then drain and chill for a couple of hours or overnight.

2 Using your hands, pull the beef into long shreds and

place in a large bowl. Using a pestle and mortar, pound the garlic and ginger with the sugar and spices until smooth. Add to the beef along with the coconut milk and salt. Mix using clean hands until combined.

3 Heat the oil in a large frying pan. Add the beef mixture and fry over a low-medium heat until dry and crisp, stirring frequently. This will take a good 20 minutes and shouldn't be rushed. Add the tamarind paste and lime juice and cook for a further minute. Leave to cool to room temperature while you prepare the salad.

4 Peel the papaya, cut in half, scoop out any seeds, then cut into fine matchsticks using a sharp knife or mandolin and tip into a bowl. Add the red onion and beansprouts. Using the pestle and mortar, pound together the garlic, chillies, lemongrass and sugar until finely mashed and combined. Add the fish sauce and lime juice, taste and add more sugar, fish sauce or lime juice if needed to balance the flavours.

5 Pour over the salad, add the herbs and mix to combine. Spoon onto serving plates, scatter with the crispy shallots (if using) and peanuts and serve immediately with a generous helping of the beef.



SPRING SALAD WITH LEMON DRESSING AND GOAT'S CHEESE TOASTS

This lemony dressing goes well with tomatoes and basil, chargrilled courgettes and aubergines or a simple leaf salad. Gremolata is also another workhorse recipe – scatter it over chargrilled meats, grilled vegetable salads, risotto or grilled fish for an instant lift.

Serves 4 as a starter or light lunch

- Large bunch of asparagus
- 200g podded peas
- 200g podded broad beans
- 75g baby leaf spinach
- Handful pea shoots
- 4 slices of sourdough bread
- 200g ash-covered young goat's cheese log
- Salt

For the gremolata

- 2 garlic cloves, finely chopped
- 4tbsp finely chopped flat-leaf parsley
- Fine strips of zest from an unwaxed lemon
- 2tbsp roughly chopped pitted green olives
- Sea salt flakes and freshly ground black pepper

For the lemon dressing

- Juice of the zested lemon used for the gremolata
- 4tbsp extra virgin olive oil, plus extra for drizzling
- 1tsp Dijon mustard
- 1tsp clear honey, or to taste
- Sea salt flakes and freshly ground black pepper

1 Trim the asparagus and cut each spear into 5-6cm lengths. Bring a saucepan of salted water to the boil and blanch the asparagus for 3 minutes or until tender, then refresh in a bowl of iced water. This will stop the asparagus cooking any further and it will preserve the beautiful, vibrant emerald-green colour.

2 Blanch the peas in the same pan for 1-2 minutes and add to the asparagus. Cook the broad beans in the same water for 1-2 minutes and then drain through a colander. Rinse the beans under cold water and then slip each one from its outer jacket to reveal the bright green, tender bean. Drain all the veggies and pat dry on kitchen paper.

3 For the gremolata, combine all the ingredients in a bowl and season with salt and pepper.

4 Next, make the dressing. Squeeze the juice from the lemon into a bowl, add the oil and mustard then whisk to combine. Add the honey and seasoning. Toss the beans, peas and asparagus in the dressing and arrange on plates with the spinach and pea shoots.

5 Toast the sourdough on both sides. Slice the goat's cheese into 1cm-thick discs and place one slice on each piece of toast. Grill again until the cheese starts to soften. Spoon the gremolata alongside, drizzle with a little more oil and serve with the salad.



GOAT'S MILK LABNEH WITH CARROT, BEETROOT AND POMEGRANATE SALAD

Labneh is simply natural yoghurt that has been seasoned and strained overnight through muslin until it becomes like a soft cheese. I like to use goat's milk yoghurt as it has a more grassy taste than regular yoghurt. This contrasts deliciously with the sweet, roasted carrots and beetroot and sharp pomegranate seeds. You could also add a crushed clove of garlic and a pinch of ground cumin seeds to pep up the labneh – and, of course, use regular yoghurt if you prefer.

Serves 4-6

- 500g full-fat goat's milk yoghurt
- Bunch of mixed small heritage carrots
- Bunch of mixed small beetroots
- 3tbsp olive oil
- 3 garlic cloves, unpeeled
- 1 sprig of thyme, leaves picked
- 2tbsp roughly chopped flat-leaf parsley
- 1tbsp roughly chopped mint
- Seeds from 1 pomegranate
- 50g nibbed pistachios
- 1tbsp pomegranate molasses
- 1-2tbsp pistachio or extra virgin olive oil
- ½tsp ground sumac
- Salt and freshly ground black pepper

You will need:

- Fine-mesh nylon sieve
- Piece of clean muslin

1 Season the yoghurt with salt and black pepper. Line a fine-mesh nylon sieve with the muslin and scoop the seasoned yoghurt into the lined sieve. Suspend the sieve over a bowl, cover with clingfilm and leave in the fridge for 24 hours to allow the water to drain from the yoghurt.

2 Preheat the oven to 190°C/370°F/gas mark 5. Scrub the carrots and beetroots and remove the stalks and leaves. Cut any large carrots in half and tip them into a roasting tin, drizzle with the oil and season with salt and black pepper. Tuck the garlic cloves in among the carrots, scatter with the thyme and roast on the middle shelf of the oven for about 30 minutes, until tender.

3 Cook the unpeeled beetroots in a saucepan of boiling salted water until tender, drain and leave them until they're cool enough to handle. Peel and cut into bite-size wedges. Tip the carrots and beetroots into a large bowl, add the chopped herbs and squeeze in the roasted garlic from its skin then season with salt and black pepper.

4 Mix the veggies gently using your hands and arrange on a serving platter. Dot the labneh over the top and scatter with the pomegranate seeds and pistachios. Drizzle over the pomegranate molasses and pistachio or olive oil, and season with a sprinkling of the sumac. Serve immediately.



CHOCOLATE AND POMEGRANATE POTS WITH COCOA AND ALMOND NIB WAFERS

These chocolate pots are simple yet elegant, the pomegranate giving an intriguing twist to a classic dinner party dessert. I like to serve something crisp alongside rich, creamy desserts and these cocoa nib wafers do the job nicely. The delicate biscuits will soften in damp air or humidity, so make them on the day you plan to serve them and, once cooled, store in an airtight container between layers of baking parchment; the recipe makes around 20.

Serves 6

- 2 large pomegranates
- 2tsp caster sugar
- 200g dark chocolate, 70% cocoa solids, finely chopped
- 325ml double cream
- Pinch of salt
- ½tsp vanilla extract
- 1 medium egg yolk, lightly beaten

For the wafers

- 75g unsalted butter
- 1tbsp clear honey
- 100g caster sugar
- 40g plain flour
- 50g cocoa nibs
- 30g flaked almonds
- Pinch of salt

1 Cut one of the pomegranates in half and press the fruit through an orange juicer to extract as much juice as possible from the seeds. Pour the juice into a small saucepan, add the sugar and stir to dissolve. Bring the juice to the boil over a medium heat and continue to cook for about 1 minute until reduced by half and thickened and syrupy.

2 Tip the chocolate into a bowl. In a separate saucepan, bring

the cream with the salt and vanilla to the boil and then simmer for 20 seconds before pouring over the chocolate. Add half the pomegranate syrup (reserve the remainder for serving) and, using a rubber spatula, stir gently until the chocolate has melted and the ganache is silky smooth. Add the egg yolk and mix until combined. Divide the mixture between six small glasses or pots. Leave to cool, then cover with clingfilm and chill in the fridge until set.

3 To make the wafers, melt the butter with the honey and sugar in a small saucepan over a low-medium heat. Remove from the heat and leave to cool for 3-4 minutes before adding the remaining ingredients. Mix until thoroughly combined and then leave for at least 1 hour until firm. The dough can be made, covered and chilled up to 24 hours before you plan on baking the wafers.

4 Preheat the oven to 170°C/340°F/gas mark 3. Line two large baking trays with baking parchment.

5 You will need to bake the wafers in small batches of 4 or 5 at a time. Spoon small cherry-sized balls of the dough onto each lined baking tray and flatten into a neat disc using either your fingers or a palette knife. Bake on the middle shelf of the oven for 6-7 minutes or until golden brown and bubbling. Remove from the oven and leave to cool and harden on the trays. To serve, divide the reserved syrup between the pots, top with the seeds from the remaining pomegranate and serve with the wafers.



CURED CITRUS SALMON

As the fish is cured rather than cooked or smoked in this recipe, you will need to source some sparkly, spanking fresh salmon for the best results. This is an ideal dish to serve as a dinner party starter, as it requires no last-minute cooking or fiddling around. Serve with a simple salad of lightly pickled cucumber and radishes, and perhaps some rye or pumpernickel bread.

Serves 8

- 1 large orange
- 2 limes
- 1 unwaxed lemon
- 3tbsp sea salt flakes, such as Maldon
- 2tbsp golden caster sugar
- 1tsp juniper berries
- 1tsp black peppercorns
- 1tsp fennel seeds
- ½tsp coriander seeds
- 1 star anise
- 4tbsp finely chopped dill
- 1 whole filleted side of salmon (about 1kg), skin on, scaled and pin-boned

You will need:

- 2 large shallow baking tins or trays
- Bag of flour or sugar, or a couple of cans, as weights

1 Cover one tin or tray with a triple thickness of clingfilm, leaving plenty of excess draping over the sides for wrapping the salmon later.

2 Wash and dry the citrus fruits and finely grate the zests – if you have a Microplane grater, now is the time to put it to good use. Mix the grated zests with the sea salt flakes and sugar. Lightly crush the juniper berries, peppercorns, fennel seeds and coriander seeds using a pestle and mortar and add to the salt mix. Break the star anise into small pieces and coarsely grind, then add to the salt mixture with half the chopped dill and mix well.

3 Scatter one-third of the salt mixture over the middle of the clingfilm-covered tin. Lay the salmon on top, skin-side down, and cover with the remaining salt mixture, pressing it into the fish with your hands. Tightly wrap the salmon in the clingfilm and cover with the second tin or tray topped with heavy food items. Leave the salmon to cure in the fridge for 48 hours.

4 Unwrap the salmon, scrape off as much of the salt as you can and pat dry with kitchen paper. Scatter the salmon with the remaining dill and cut into thin slices with a sharp knife.

WANT MORE TASTY SUMMER RECIPES?

Check out more seasonal recipes in *Summer Berries & Autumn Fruits* by Annie Rigg (£19.99, Kyle Books). Photography by Tara Fisher.



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Suite 10, 2 Lansdown Row, Berkeley Square, London W1X 8HL

STUDENT TESTIMONIAL

Sue Pash began her studies
with the school in 2004.

I am a therapist who loves continuing to learn about complementary therapy – and SNHS has proved invaluable for adding to my skills. The courses make great ongoing CPD too! Since becoming a student in 2004 I have taken several courses and gained the confidence to write the Holistic Dowsing Course for the school. In association with my therapist colleagues, I am now also proud to offer mentoring services for the school's students, offering practical sessions in many of the course subjects, together with business mentoring and seminars in Practice Management. This year my business has expanded again by adding a second Practice room, run in partnership with a fellow graduate of the school.

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and pains and aid relaxation. A study in the Journal of Alternative and Complementary Medicine in 2008 discovered that athletes who received acupuncture for muscle soreness between 24 and 48 hours working to the point of exhaustion reported significantly less post workout pain than athletes who did not get treated. If this is true of acupuncture, then it is equally true of acupressure. What more needs to be said? Pranamat ECO is the perfect addition to any athlete, sportsperson, or fitness enthusiast's kit!



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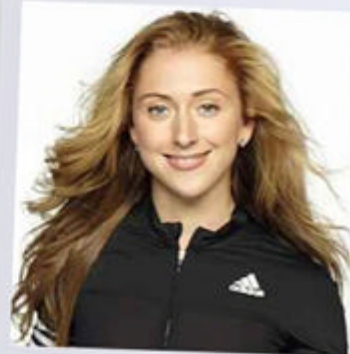
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WISE WORDS

'Go with your gut and listen to your instincts. It's all about listening to your body and doing something that is fun and makes you happy.'

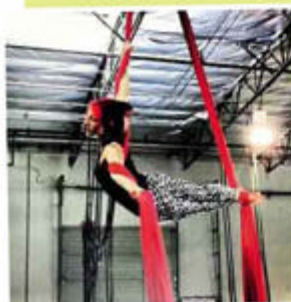
Double Olympic gold medal athlete and OhSo ambassador Laura Trott



INSTA-CRUSH

This month we're

following yoga teacher and aerialist Lacey Ann Hardy. Check out her Instagram [@serpentlacey](https://www.instagram.com/serpentlacey) for seriously cool yoga pics.



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